

Scriptures from *Happiness* by Randy Alcorn

Introduction: What Is Happiness?

“Be happy and full of joy, because the Lord has done a wonderful thing” (Joel 2:21, NCV).

“Whoever says he abides in him ought to walk in the same way in which he walked” (1 John 2:6, ESV).

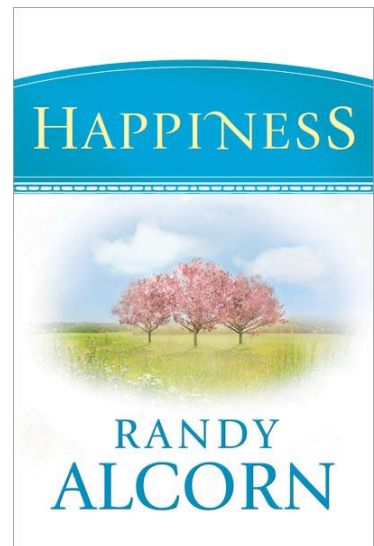
“May all those who seek you be happy and rejoice in you!” (Psalm 40:16, NET).

“You are the Lord’s people! So celebrate and praise the only God” (Psalm 97:12, CEV).

“Shout triumphantly to the Lord, all the earth! Be happy! Rejoice out loud!” (Psalm 98:4, CEB).

“You also should be happy and full of joy with me” (Philippians 2:18, NCV).

“Rejoice always, pray without ceasing, in everything give thanks” (1 Thessalonians 5:16-18, NKJV).



PART ONE: Our Compelling Quest for Happiness

Chapter 1: Why Do We Long for Happiness?

“The people the Lord has freed will return and enter Jerusalem with joy. Their happiness will last forever. They will have joy and gladness, and all sadness and sorrow will be gone far away” (Isaiah 51:11, NCV).

“his invisible attributes . . . his eternal power and divine nature” (Romans 1:20, ESV).

“In the beginning, God created the heavens and the earth” (Genesis 1:1, ESV).

“He made the stars also” (Genesis 1:16, KJV).

Chapter 2: What Does Our Longing for Happiness Reveal about Us?

“Happy are the people who know the joyful shout; Yahweh, they walk in the light of Your presence” (Psalm 89:15, HCSB).

“Let the one who is thirsty come; let the one who wants it take the water of life free of charge” (Revelation 22:17, NET).

“No longer will there be any curse. The throne of God and of the Lamb will be in the city, and his servants will serve him. They will see his face” (Revelation 22:1-4, NIV).

“So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal” (2 Corinthians 4:18, NIV).

Chapter 3: Does God Want Us to Be Happy?

“Sing, Jerusalem. Israel, shout for joy! Jerusalem, be happy and rejoice with all your heart” (Zephaniah 3:14, NCV).

“Seek your happiness in the Lord, and he will give you your heart’s desire” (Psalm 37:4, GNT).

“Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full” (John 16:24, ESV).

“Be happy and shout to God who makes us strong!” (Psalm 81:1, ESV).

“Be happy and excited! You will have a great reward in heaven” (Matthew 5:12, ESV).

“Be happy with your wife and find your joy with the woman you married” (Proverbs 5:18, ESV).

“Go ahead—eat your food and be happy; drink your wine and be cheerful. It’s all right with God” (Ecclesiastes 9:7).

“Be happy with those who are happy, weep with those who weep” (Romans 12:15, ESV).

“Happy are you, O Israel! Who is like you, a people saved by the Lord?” (Deuteronomy 33:29, ESV).

“Judah and Israel were as many as the sand by the sea. They ate and drank and were happy” (1 Kings 4:20, ESV).

“Happy are your men! Happy are your servants, who continually stand before you and hear your wisdom!” (1 Kings 10:8, ESV).

“How beautiful upon the mountains are the feet of him who brings good news, who publishes peace, who brings good news of happiness” (Isaiah 52:7, ESV).

“Enjoy life with the wife whom you love” (Ecclesiastes 9:9, ESV).

“All the days of the afflicted are evil, but the cheerful of heart has a continual feast” (Proverbs 15:15, ESV).

“I will be happy and rejoice in you! I will sing praises to you, O sovereign One!” (Psalm 9:2, NET).

“You will fill me with joy when I am with you. You will make me happy forever at your right hand” (Psalm 16:11, NIRV).

“God, your love is so precious! . . . [People] eat the rich food in your house, and you let them drink from your river of pleasure” (Psalm 36:7-8, NCV).

“I will go to your altar, O God; you are the source of my happiness. I will play my harp and sing praise to you, O God, my God” (Psalm 43:4, GNT).

“Rejoice. Again I will say, rejoice” (Philippians 4:4, ESV).

“We all, who with unveiled faces contemplate the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit” (2 Corinthians 3:18, NIV).

“Praise the Lord, for the Lord is good; sing praises to His name, for it is pleasant” (Psalm 135:3, NKJV).

Chapter 4: Why Does Our Happiness Matter?

“All the people of Judah were happy because they had made this covenant with all their heart. They took delight in worshiping the Lord, and he accepted them and gave them peace on every side” (2 Chronicles 15:15, GNT).

“Whatever you do, do it all for the glory of God” (1 Corinthians 10:31, NIV).

“When we had come to Jerusalem, the brothers received us gladly” (Acts 21:17, ESV).

Chapter 5: What’s the Difference between Joy and Happiness?

“The godly are happy; they rejoice before God and are overcome with joy” (Psalm 68:3, NET).

“For the Jews it was a time of happiness and joy, gladness and honor” (Esther 8:16, NIV).

“May the righteous be glad and rejoice before God; may they be happy and joyful” (Psalm 68:3, NIV).

“This is what the Lord Almighty says: ‘The fasts . . . will become joyful and glad occasions and happy festivals for Judah’” (Zechariah 8:19, NIV).

“The joy of the wicked has been brief and the happiness of the godless has lasted only a moment” (Job 20:5, HCSB).

“Happy are the people who know the joyful shout; Yahweh, they walk in the light of Your presence” (Psalm 89:15, HCSB).

“The young women will rejoice with dancing, while young and old men rejoice together. I will turn their mourning into joy . . . and bring happiness out of grief” (Jeremiah 31:13, HCSB).

“Give your father and mother joy! May she who gave you birth be happy” (Proverbs 23:25, NLT).

“Eat your food with joy, and drink your wine with a happy heart, for God approves of this!” (Ecclesiastes 9:7, NLT).

“Be glad; rejoice forever in my creation! And look! I will create Jerusalem as a place of happiness. Her people will be a source of joy” (Isaiah 65:18, NLT).

“You didn’t serve the Lord your God with a joyful and happy heart when you had so much” (Deuteronomy 28:47, GWT).

“The people ransomed by the Lord . . . will come to Zion singing with joy. Everlasting happiness will be on their heads as a crown. They will be glad and joyful. They will have no sorrow or grief” (Isaiah 35:10, GWT).

“You don’t see [Christ] now, but you believe in him. You are extremely happy with joy and praise” (1 Peter 1:8, GWT).

“You, O Lord, have made me happy by your work. I will sing for joy because of what you have done” (Psalm 92:4, NET).

“Rejoice in the Lord and be happy, you who are godly! Shout for joy” (Psalm 32:11, NET).

“Satisfy us in the morning with your loyal love! Then we will shout for joy and be happy all our days!” (Psalm 90:14, NET).

“Solomon sent the people home, full of joy. They were happy because the Lord had been so good” (2 Chronicles 7:10, NCV).

“[The believers] ate together in their homes, happy to share their food with joyful hearts” (Acts 2:46, NCV).

“If I have to offer my own blood with your sacrifice, I will be happy and full of joy with all of you” (Philippians 2:17, NCV).

“Hannah prayed: ‘The Lord has filled my heart with joy; how happy I am because of what he has done!’” (1 Samuel 2:1, GNT).

“When they saw [the star], how happy [the wise men] were, what joy was theirs!” (Matthew 2:9-10, GNT).

“That day many sacrifices were offered, and the people were full of joy because God had made them very happy” (Nehemiah 12:43, GNT).

“I belong to you, Lord God Almighty, and so your words filled my heart with joy and happiness” (Jeremiah 15:16, GNT).

“If ye know these things, happy are ye if ye do them” (John 13:17, KJV).

“Happy is he that condemneth not himself in that thing which he alloweth” (Romans 14:22, KJV).

“We count them happy which endure” (James 5:11, KJV).

“If ye suffer for righteousness’ sake, happy are ye,” and “If ye be reproached for the name of Christ, happy are ye” (1 Peter 3:14; 4:14, KJV).

“May the righteous be glad and rejoice before God; may they be happy and joyful” (Psalm 68:3, NIV).

Chapter 6: Do Modern Studies Confirm the Biblical Perspectives on Happiness?

“You were so happy! What has happened?” (Galatians 4:15, GNT).

“Love your neighbor as yourself” (Matthew 22:39, ESV).

“Give thanks in all circumstances” (1 Thessalonians 5:18, ESV).

“[Forgive] each other . . . as the Lord has forgiven you” (Colossians 3:13, ESV).

“Whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses” (Mark 11:25, ESV).

“One thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus” (Philippians 3:13-14, ESV).

“Do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. . . . Which of you by being anxious can add a single hour to his span of life?” (Matthew 6:25, 27, ESV).

“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow” (Ecclesiastes 4:9-10, ESV).

“I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need” (Philippians 4:11-12, ESV).

“Make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge

with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love” (2 Peter 1:5-7, ESV).

“Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need” (Hebrews 4:16, ESV).

“Seek first the kingdom of God and his righteousness” (Matthew 6:33, ESV).

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves” (Philippians 2:3, NIV).

“The word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God” (1 Corinthians 1:18, ESV).

“All who desire to live godly in Christ Jesus will suffer persecution” (2 Timothy 3:12, NKJV).

“In the world you will have tribulation; but be of good cheer, I have overcome the world” (John 16:33, NKJV).

“I bring you good news of great joy that will be for all the people” (Luke 2:10, ESV).

“How beautiful upon the mountains are the feet of him who brings good news, who publishes peace, who brings good news of happiness” (Isaiah 52:7, ESV).

“Come and share your master’s happiness!” (Matthew 25:21, NIV).

“This is the day that the Lord has made; let us rejoice and be glad in it” (Psalm 118:24, ESV).

“I came that they might have life and have it abundantly” (John 10:10, ESV).

“God gave us eternal life, and this life is in his Son” (1 John 5:11, ESV).

“Encourage each other daily, while it is still called today” (Hebrews 3:13, HCSB).

“The Lord gives strength to his people; the Lord blesses his people with peace” (Psalm 29:11, NIV).

“So my heart rejoices and I am happy” (Psalm 16:9, NET).

“The Lord is near to all who call upon Him” (Psalm 145:18, ESV).

“We bring you the good news [glad tidings] (Acts 13:32, KJV).

“And when the Gentiles heard this, they began rejoicing [the Gentiles were very happy to hear this” (Acts 13:48, CJB)].

“The disciples were filled with joy and with the Holy Spirit [The disciples were overflowing with happiness” (Acts 13:52, CEB).

“When the set time had fully come, God sent his Son, born of a woman . . .” (Galatians 4:4, NIV).

“They tie up heavy burdens, hard to bear, and lay them on people’s shoulders, but they themselves are not willing to move them with their finger” (Matthew 23:4, ESV).

Chapter 7: Is Happiness Unspiritual?

“I will rejoice in the Lord. I will be glad because he rescues me. With every bone in my body I will praise him: ‘Lord, who can compare with you?’” (Psalm 35:9-10, NLT).

“Whether you eat or drink, or whatever you do, do all to the glory of God” (1 Corinthians 10:31, ESV).

“After my skin has been thus destroyed, yet in my flesh I shall see God” (Job 19:26, ESV).

“Everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer” (1 Timothy 4:4-5, NIV).

“The kings of the earth will bring their splendor into [the New Jerusalem]. On no day will its gates ever be shut. . . .The glory and honor of the nations will be brought into it” (Revelation 21:24-26, NIV).

“People will come from east and west, and from north and south, and recline at table in the kingdom of God” (Luke 13:29, ESV).

Chapter 8: Can Good Things Become Idols That Steal Our Happiness?

“No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. . . . But seek first the kingdom of God and his righteousness, and all these things will be added to you.”
Jesus (Matthew 6:24, 33, ESV)

“Little children, keep yourselves from idols” (1 John 5:21, ESV).

“[They] exchanged the glory of the immortal God . . . and worshiped and served created things rather than the Creator” (Romans 1:23, 25, NIV).

“How you have fallen from heaven, morning star, son of the dawn! You have been cast down to the earth” (Isaiah 14:12, NIV).

“I saw Satan fall like lightning from heaven” (Luke 10:18, ESV).

“When he lies, he speaks his native language, for he is a liar and the father of lies” (John 8:44, NIV).

“Woe to those who go down to Egypt for help, and rely on horses, who trust in chariots because they are many, and in horsemen because they are very strong, but who do not look to the Holy One of Israel, nor seek the Lord!” (Isaiah 31:1, NKJV).

“Be alert. . . . Your enemy the devil prowls around like a roaring lion looking for someone to devour” (1 Peter 5:8, NIV).

“Every good thing given and every perfect gift is from above, coming down from the Father of lights” (James 1:17, NASB).

“They [idolaters] exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator” (Romans 1:25, ESV).

“It is not good that the man should be alone; I will make him a helper fit for him” (Genesis 2:18, ESV).

“I have acquired great wisdom, surpassing all who were over Jerusalem before me. . . . I perceived that this also is but a striving after wind. For in much wisdom is much vexation, and he who increases knowledge increases sorrow” (Ecclesiastes 1:16-18, ESV).

“Pride goes before destruction, and a haughty spirit before a fall” (Proverbs 16:18, ESV).

“The righteous will shine like the sun in the kingdom of their Father” (Matthew 13:43, ESV).

“What I want is God’s approval! Am I trying to be popular with people? If I were still trying to do so, I would not be a servant of Christ” (Galatians 1:10, GNT).

“I saw that there is nothing better for a person than to enjoy their work, because that is their lot” (Ecclesiastes 3:22, NIV).

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving” (Colossians 3:23-24, NIV).

“You like to have your friends praise you, and you don’t care about praise that the only God can give!” (John 5:44, CEV).

“[God] has filled them with skill to do every sort of work done by an engraver or by a designer or by an embroiderer . . . or by a weaver—by any sort of workman or skilled designer” (Exodus 35:35, ESV).

“Look carefully then how you walk . . . making the best use of the time” (Ephesians 5:15-16, ESV).

“Be self-controlled and vigilant” (1 Peter 5:8, PHILLIPS).

“Every athlete exercises self-control in all things. . . . I do not box as one beating the air. But I discipline my body and keep it under control” (1 Corinthians 9:25-27, ESV).

“My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever” (Psalm 73:26, NLT).

“Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised” (Proverbs 31:30, ESV).

“Man looks on the outward appearance, but the Lord looks on the heart” (1 Samuel 16:7, ESV).

“Let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God’s sight is very precious” (1 Peter 3:4, ESV).

“This is what you are to do to them: Break down their altars, smash their sacred stones, cut down their Asherah poles and burn their idols in the fire” (Deuteronomy 7:5, NIV).

Chapter 9: What Happens When We Put Pleasure Idols in God’s Place?

“Oh, the joys of those who trust the Lord, who have no confidence in the proud or in those who worship idols” (Psalm 40:4, NLT).

“You shall have no other gods before me . . . You shall not make for yourself a carved image, or any likeness of anything. . . . You shall not bow down to them or serve them” (Exodus 20:3-5, ESV).

“Choose for yourselves this day whom you will serve, whether the gods which your fathers served that were on the other side of the River, or the gods of the Amorites, in whose land you dwell. But as for me and my house, we will serve the Lord” (Joshua 24:15, NKJV).

[Paul urged the people to “put their hope in God, who richly provides us with everything for our enjoyment” (1 Timothy 6:17, NIV).

“Whether you eat or drink, or whatever you do, do all to the glory of God” (1 Corinthians 10:31, ESV).

“[The adulterer] follows her, as an ox goes to the slaughter. . . . He does not know that it will cost him his life” (Proverbs 7:22-23, ESV).

“I tell you that any one who looks at a woman lustfully has already committed adultery with her in his heart” (Matthew 5:28, NIV).

“If your right eye makes you stumble, tear it out and throw it from you. . . . If your right hand makes you stumble, cut it off and throw it from you” (Matthew 5:29-30, NASB).

“I refrained from nothing that my eyes desired. I refused my heart no pleasure. But when I surveyed all that my hands had done, and what I had worked so hard to achieve, I realized that it was pointless—a chasing after wind” (Ecclesiastes 2:10-11, CEB).

“Utterly meaningless! Everything is meaningless” (Ecclesiastes 1:2, NIV).

“Remember also your Creator” and “Fear God and keep his commandments, for this is the whole duty of man. For God will bring every deed into judgment, with every secret thing, whether good or evil” (Ecclesiastes 12:1, 13-14).

“Whoever believes in me, though he die, yet shall he live” (John 11:25, ESV).

Chapter 10: What (or Who) Is Our Primary Source of Happiness?

“You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore” (Psalm 16:11, ESV).

“[God] satisfies the longing soul, and the hungry soul he fills with good things” (Psalm 107:9, ESV).

“Then I will go to the altar of God, to God my exceeding joy, and I will praise you with the lyre, O God, my God” (Psalm 43:4, ESV).

“Whom have I in heaven but you? And there is nothing on earth that I desire besides you” (Psalm 73:25, ESV).

“The earth is the Lord’s, and everything in it, the world, and all who live in it” (Psalm 24:1, NIV).

“To the Lord your God belong the heavens, even the highest heavens, the earth and everything in it” (Deuteronomy 10:14, NIV).

“The silver is mine, and the gold is mine, declares the Lord of Hosts” (Haggai 2:8, ESV).

“Every animal of the forest is mine, and the cattle on a thousand hills. I know every bird in the mountains, and the insects in the fields are mine. . . . The world is mine, and all that is in it” (Psalm 50:10-12, NIV).

“Whatever is under the whole heaven is mine” (Job 41:11, ESV).

“Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things” (Philippians 4:8, ESV).

“What is our hope, our joy, or the crown in which we will glory in the presence of our Lord Jesus when he comes? Is it not you? Indeed, you are our glory and joy” (1 Thessalonians 2:19-20, NIV).

“My people have committed two evils: they have forsaken me, the fountain of living waters, and hewed out cisterns for themselves, broken cisterns that can hold no water” (Jeremiah 2:13, ESV).

“If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, ‘Out of his heart will flow rivers of living water’” (John 7:37-38, ESV).

Chapter 11: Do Secondary Gifts Have Real Value Apart from Their Source?

“Whether you eat or drink, or whatever you do, do all to the glory of God” (1 Corinthians 10:31, ESV).

“Happy are you, O Israel! Who is like you, a people saved by the Lord, the shield of your help, and the sword of your triumph!” (Deuteronomy 33:29, ESV).

“Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change” (James 1:17, ESV).

“My son, eat honey, for it is good, and the drippings of the honeycomb are sweet to your taste” (Proverbs 24:13, ESV).

“If you find honey, eat just enough—too much of it, and you will vomit” (Proverbs 25:16, NIV).

“Oh, taste and see that the Lord is good . . .” (Psalm 34:8, ESV).

“Although they knew God, they did not honor him as God or give thanks to him. . . . [They] worshiped and served the creature [secondary] rather than the Creator [primary]” (Romans 1:21, 25, ESV).

“Command those who are rich in the things of this life not to be proud, but to place their hope, not in such an uncertain thing as riches, but in God, who generously gives us everything for our enjoyment” (1 Timothy 6:17, GNT).

“God shows his love for us in that while we were still sinners, Christ died for us. . . . We have now been justified by his blood. . . . While we were enemies we were reconciled to God by the death of his Son. . . . We also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation” (Romans 5:8-11, ESV).

PART TWO: The Happiness of God

Chapter 12: Is God Happy?

“God . . . in eternal felicity alone holds sway. He is King of kings and Lord of lords” (1 Timothy 6:15, NEB).

“Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them” (John 14:23, NIV).

“In all their distress he too was distressed” (Isaiah 63:9, NIV).

“The people of Israel groaned because of their slavery and cried out for help. Their cry . . . came up to God. And God heard their groaning” (Exodus 2:23-24, ESV).

“Then the Lord said, ‘I have surely seen the affliction of my people who are in Egypt. . . . I know their sufferings, and I have come down to deliver them’” (Exodus 3:7-8, ESV).

“He has pity on the weak and the needy, and saves the lives of the needy” (Psalm 72:13, ESV).

“The Lord was moved to pity by their groaning because of those who afflicted and oppressed them”

(Judges 2:18, ESV).

“In all their affliction he was afflicted. . . . In his love and in his pity he redeemed them; he lifted them up and carried them all the days of old” (Isaiah 63:9).

“Behold, I create new heavens and a new earth. . . . Be glad and rejoice forever in that which I create; for behold, I create Jerusalem to be a joy, and her people to be a gladness. I will rejoice in Jerusalem and be glad in my people; no more shall be heard in it the sound of weeping and the cry of distress” (Isaiah 65:17-19, ESV).

Chapter 13: What Does the Bible Say about God’s Happiness?

“I am so happy I found my lost sheep. Let us celebrate!” (Luke 15:6, GNT).

“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly” (John 10:10, ESV).

“And God saw everything that he had made, and behold, it was very good” (Genesis 1:31, ESV).

“Where were you when I laid the foundation of the earth? Tell me, if you have understanding . . . when the morning stars sang together and all the sons of God shouted for joy?” (Job 38:4, 7, ESV).

“Do you give the horse his might? Do you clothe his neck with a mane? . . . He paws in the valley and exults in his strength. . . . He laughs at fear and is not dismayed. . . . With fierceness and rage he swallows the ground; he cannot stand still at the sound of the trumpet. When the trumpet sounds, he says ‘Aha!’” (Job 39:19, 21-22, 24-25, ESV).

“Sing aloud [with joy, or *rinnab*], O daughter of Zion; shout [for joy, or *ruab*], O Israel! Rejoice [*samach*] and exult [*alaz*] with all your heart. . . . “The Lord your God is in your midst, a mighty one who will save; he will rejoice [*sus*] over you with gladness [*simchah*]; he will quiet you by his love; he will exult over you [*gy*] with loud singing [*rinnab*]” (Zephaniah 3:14, 17, ESV).

Psalm 2:12:

“Happy are all who go to him for protection” (GNT).

“All those who take refuge in Him are happy” (HCSB).

“Happy be all they, who trust in him” (WYC).

“O the happiness of all trusting in Him!” (YLT).

“Happy is the person whom the Lord does not consider guilty” (Psalm 32:2, NCV).

“Happy is the nation whose God is Yahweh” (Psalm 33:12, HCSB).

“Happy are those whom you choose” (Psalm 65:4, NRSV, GNT).

“For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit” (Romans 14:17, ESV).

“At that time Jesus, full of joy through the Holy Spirit, said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do” (Luke 10:21, NIV).

“Delight yourselves in God, yes, find your joy in him at all times. Have a reputation for gentleness, and never forget the nearness of your Lord” (Philippians 4:4, PHILLIPS).

“. . . Be holy, because I am holy” (1 Peter 1:16, NIV).

Luke 15:6:

“[God the Good Shepherd calls together his friends and his neighbors, saying to them, ‘Rejoice with me, for I have found my sheep that was lost’” (ESV).

“. . . I am so happy I found my lost sheep. Let us celebrate!” (GNT).

“But we had to celebrate and be happy, because your brother was dead, but now he is alive; he was lost, but now he has been found” (Luke 15:32, GNT).

“The Lord will again be happy with you, just as he was with your ancestors” (Deuteronomy 30:9, NCV).

“Let those who are happy when I am declared innocent joyfully sing and rejoice. Let them continually say, “The Lord is great. He is happy when his servant has peace” (Psalm 35:27, GW).

“Not by their own sword did they win the land, nor did their own arm save them, but your right hand and your arm, and the light of your face, for you delighted in them” (Psalm 44:3, ESV).

“Lying lips are an abomination to the Lord, but those who act faithfully are his delight” (Proverbs 12:22, ESV).

“The Lord takes pleasure in those who fear him, in those who hope in his steadfast love” (Psalm 147:11, ESV).

“As the bridegroom rejoices over the bride, so shall your God rejoice over you” (Isaiah 62:5, ESV).

“How precious is your steadfast love, O God! The children of mankind . . . feast on the abundance of your house, and you give them drink from the river of your delights” (Psalm 36:7-8, ESV).

“Come and share your master’s happiness!” (Matthew 25:23, NIV).

“The glory that you have given me I have given to them, that they may be one even as we are one, I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me. . . . I made known to them your name, and I will continue to make it known, that the love with which you have loved me may be in them, and I in them” (John 17:22-23, 26, ESV).

Chapter 14: Is God Happy, or Is He Blessed?

“You [God] make [King David] happy with the joy of your presence” (Psalm 21:6, CEB).

“A happy heart makes the face cheerful” (Proverbs 15:13, NIV).

“Their faces will shine with happiness about all the good things from the Lord” (Jeremiah 31:12, NCV).

“The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace” (Numbers 6:24-26, NIV).

“. . . in accordance with the gospel of the glory of the blessed God with which I have been entrusted” (1 Timothy 1:11).

“. . . he [God] who is the blessed and only Sovereign, the King of kings and Lord of lords” (1 Timothy 6:15, ESV).

Chapter 15: What Makes the Triune God Happy?

“When Jesus was baptized . . . behold, the heavens were opened to him, and he saw the Spirit of God descending like a dove and coming to rest on him; and behold, a voice from heaven said, “This is my beloved Son, with whom I am well pleased”” (Matthew 3:16-17, ESV).

“Behold my servant, whom I uphold, my chosen, in whom my soul delights” (Isaiah 42:1, ESV).

“For our sake he made him to be sin who knew no sin” (2 Corinthians 5:21, ESV).

“From everlasting to everlasting you are God” (Psalm 90:2, ESV).

“God is love” (1 John 4:8, ESV).

“Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God” (Hebrews 12:2, NIV).

“And he that sent me is with me: the Father hath not left me alone; for I do always those things that please him” (John 8:29, KJV).

“The Lord takes pleasure in those who fear Him, in those who hope in His mercy” (Psalm 147:11, NKJV).

“Without faith it is impossible to please him” (Hebrews 11:6, ESV).

“Those who are in the flesh cannot please God” (Romans 8:8, ESV).

“And Samuel said, ‘Has the Lord as great delight in burnt offerings and sacrifices, as in obeying the voice of the Lord? Behold, to obey is better than sacrifice, and to listen than the fat of rams’” (1 Samuel 15:22, ESV).

“David said to God, ‘I know that you . . . are pleased with people of integrity. . . . Your people . . . have been happy to bring offerings to you’” (1 Chronicles 29:17, GNT).

“In him the whole fullness of deity dwells bodily” (Colossians 2:9, ESV).

“I am in my Father, and you in me, and I in you” (John 14:20, ESV).

“I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me” (John 17:23, ESV).

Chapter 16: Is God Happy with Himself? (And Should He Be?)

“Well done, good and faithful servant! . . . Come and share your master’s happiness!” (Matthew 25:23, NIV).

“For my name’s sake I defer my anger, for the sake of my praise. . . . For my own sake, for my own sake, I do it. . . . My glory I will not give to another” (Isaiah 48:9, 11, ESV).

“Father . . . you loved me before the creation of the world” (John 17:24, NIV).

“The joy of the Lord is your strength” (Nehemiah 8:10, ESV).

“The joy that the Lord gives you will make you strong” (Nehemiah 8:10, GNT).

“I will rejoice in doing them good, and I will plant them in this land in faithfulness, with all my heart and all my soul” (Jeremiah 32:41, ESV).

“The Father loves the Son and has given all things into his hand” (John 3:35, ESV).

“I do as the Father has commanded me, so that the world may know that I love the Father” (John 14:31, ESV).

“My food is to do the will of him who sent me and to accomplish his work” (John 4:34, ESV).

“I am ascending to my Father and your Father, to my God and your God” (John 20:17, ESV).

“Thus says the Lord, Israel is my firstborn son” (Exodus 4:22, ESV).

“You have seen how the Lord your God carried you, as a man carries his son” (Deuteronomy 1:31, ESV).

“Is not he your father, who created you, who made you and established you?” (Deuteronomy 32:6, ESV).

“As a father has compassion on his children, so the Lord has compassion on those who fear him” (Psalm 103:13, NIV).

“We cry, ‘Abba! Father!’” (Romans 8:15, ESV).

“No longer do I call you servants . . . but I have called you friends” (John 15:15, ESV).

“Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need” (Hebrews 4:16, ESV).

“You make him happy with the joy of your presence” (Psalm 21:6, CEB).

“Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light” (Matthew 11:28-30, NASB).

“Then young women of Israel will be happy and dance, the young men and old men also. I will change their sadness into happiness; I will give them comfort and joy instead of sadness” (Jeremiah 31:13, NCV).

“You turned my wailing into dancing; you removed my sackcloth and clothed me with joy” (Psalm 30:11, NIV).

Chapter 17: Has the Church Historically Seen God as Unhappy or Happy?

“Yahweh your God is among you, a warrior who saves. He will rejoice over you with gladness. He will bring you quietness with His love. He will delight in you with shouts of joy” (Zephaniah 3:17, HCSB).

Chapter 18: Was Jesus Happy?

“I have told you this to make you as completely happy as I am” Jesus (John 15:11, CEV).

“Jesus wept” (John 11:35, ESV).

“To those who are called, both Jews and Greeks, Christ the power of God and the wisdom of God” (1 Corinthians 1:24, ESV).

“The Son of Man came eating and drinking, and they say, ‘Look at him! A glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is justified by her deeds” (Matthew 11:19, ESV).

“When he established the heavens, I was there. . . . When he marked out the foundations of the earth, then I was beside him, like a master workman. . . . I was constantly at his side. I was filled with delight day after day, rejoicing always in his presence, rejoicing in his whole world and delighting in mankind” (Proverbs 8:27, 29-31, NIV).

“I was having fun, smiling before him all the time, frolicking with his inhabited earth and delighting in the human race” (Proverbs 8:30-31, CEB).

“I was his daily source of joy, always happy in his presence—happy with the world and pleased with the human race” (Proverbs 8:30-31, GNT).

“I saw the Lord always before me, for he is at my right hand that I may not be shaken; therefore my heart was glad, and my tongue rejoiced. . . . For you will not abandon my soul to Hades, or let your Holy One see corruption. . . . You will make me full of gladness with your presence” (Acts 2:25-28).

Psalm 16:11:

“In your presence there is fullness of joy; at your right hand are pleasures forevermore” (ESV).

“Being with You is to be full of joy. In Your right hand there is happiness forever” (NLV).

Psalm 45:6-7:

“You have loved righteousness and hated wickedness; therefore God, your God, has anointed you with the oil of gladness beyond your companions” (ESV).

“You are God, and you will rule forever as king. Your royal power brings about justice. You love justice and hate evil. And so, your God chose you and made you happier than any of your friends” (CEV).

Luke 10:20:

“Do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven” (ESV).

“Don’t be happy because evil spirits obey you. Be happy that your names are written in heaven!” (CEV).

Luke 10:21:

“In that same hour he rejoiced in the Holy Spirit” (ESV).

“Jesus was filled by the Holy Spirit with rapturous joy” (WNT).

“At that very time [the Son] rejoiced greatly in the Holy Spirit, and said, ‘I praise You, O Father . . .’” (Luke 10:21, NASB).

“Children were brought to him that he might lay his hands on them and pray. The disciples rebuked the people, but Jesus said, ‘Let the little children come to me and do not hinder them, for to such belongs the kingdom of heaven.’ And he laid his hands on them and went away” (Matthew 19:13-15, ESV).

“Peace! Be still!” (Mark 4:39, ESV).

“Do not be anxious” (Matthew 6:25, ESV).

“Blessed [happy] are the merciful, for they shall receive mercy” (Matthew 5:7, ESV).

“These things have I spoken unto you, that my joy might remain in you, and that your joy might be full” (John 15:11, KJV).

“I have told you this to make you as completely happy as I am” (John 15:11, CEV).

“He was despised and rejected by men; a man of sorrows, and acquainted with grief; and as one

from whom men hide their faces he was despised” (Isaiah 53:3, ESV).

“My soul is deeply grieved to the point of death” (Mark 14:34, NASB).

“Today this Scripture has been fulfilled in your hearing” (Luke 4:21, ESV).

“I will greatly rejoice in the Lord; my soul shall exult in my God, for he has clothed me with the garments of salvation; he has covered me with the robe of righteousness” (Isaiah 61:10, ESV).

“The Lord makes me very happy; all that I am rejoices in my God” (Isaiah 61:10, CEV).

“For the joy that was set before him [Christ] endured the cross, despising the shame, and is seated at the right hand of the throne of God” (Hebrews 12:2, ESV).

“A happy heart makes the face cheerful” (Proverbs 15:13, NIV).

“Then the Holy Spirit made Jesus feel very happy” (Luke 10:21, ERV).

“Our high priest is able to understand our weaknesses. He was tempted in every way that we are, but he did not sin” (Hebrews 4:15, NCV).

Chapter 19: Did Jesus Laugh, Play, and Have a Sense of Humor?

“You blind guides, straining out a gnat and swallowing a camel!” Jesus (Matthew 23:24, ESV).

“He will yet fill your mouth with laughter, and your lips with shouts of joy” (Job 8:21, NRSV).

“By him all things were created” (Colossians 1:16, ESV).

“When the Lord brought us back to Jerusalem it was like a dream! How we laughed, how we sang for joy! . . . Indeed he did great things for us; how happy we were!” (Psalm 126:1-3, GNT).

“When you give to the needy, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by others” (Matthew 6:2, ESV).

“Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs, which outwardly appear beautiful, but within are full of dead people’s bones and all uncleanness” (Matthew 23:27, ESV).

“The harlots go into the kingdom of God before you” (Matthew 21:31, KJV).

“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others” (Matthew 6:16, ESV).

“They are blind guides. And if the blind lead the blind, both will fall into a pit” (Matthew 15:14, ESV).

“Why do you see the speck that is in your brother’s eye, but do not notice the log that is in your own eye? . . . You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother’s eye” (Matthew 7:3, 5, ESV).

“Neither is new wine put into old wineskins. If it is, the skins burst and the wine is spilled and the skins are destroyed” (Matthew 9:17, ESV).

“Do you not see that whatever goes into the mouth passes into the stomach and is expelled?” (Matthew 15:17, ESV).

“Those who are well have no need of a physician, but those who are sick. I came not to call the righteous, but sinners” (Mark 2:17, ESV).

“If the householder had known at what hour the thief was coming, he would have been awake and would not have left his house to be broken into” (Luke 12:39, RSVCE).

“Is a lamp brought in to be put under a basket, or under a bed, and not on a stand?” (Mark 4:21, ESV).

“Blessed are you who weep now, for you shall laugh” (Luke 6:21, ESV).

“Woe to you who laugh now, for you shall mourn and weep” (Luke 6:25, ESV).

“Will you play with him as with a bird, or will you put him on a leash for your girls?” (Job 41:5, ESV).

“There go the ships, and Leviathan, which you formed to play in it” (Psalm 104:26, ESV).

“The mountains yield food for him where all the wild beasts play” (Job 40:20, ESV).

“The nursing child shall play over the hole of the cobra, and the weaned child shall put his hand on the adder’s den” (Isaiah 11:8, ESV).

“The streets of the city shall be full of boys and girls playing” (Zechariah 8:5, ESV).

“Rejoice and be exceedingly glad” (Matthew 5:12, NKJV).

PART THREE: The Bible’s Actual Words for Happiness

Chapter 20: Happiness, Joy, and Gladness in the Bible

“They come with happiness and joy; they enter the king’s palace” (Psalm 45:15, NCV).

“My word that goes out from my mouth . . . will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it” (Isaiah 55:11, NIV).

Ecclesiastes 9:7:

“Eat your bread in happiness [Hebrew *samach*] and drink your wine with a cheerful [*tob*] heart; for God has already approved your works” (NASB).

“Go thy way, eat thy bread with joy, and drink thy wine with a merry heart; for God now accepteth thy works” (KJV).

“Go, eat your bread with joy, and drink your wine with a merry heart, for God has already approved what you do” (ESV).

“So go ahead. Eat your food with joy, and drink your wine with a happy heart, for God approves of this!” (NLT).

“So go, eat your bread with joy, and drink your wine with a happy heart, for God has already accepted your deeds” (CJB).

“Go, eat your food with joy, and drink your wine with a happy heart, because God has already approved your works” (NET).

Psalm 149:2:

“Let Israel *rejoice* [*samach*] in their Maker; let the people of Zion *be glad* [*gayal*] in their King” (NIV).

“Let Israel *be glad* in his Maker; let the children of Zion *rejoice* in their King!” (ESV).

“Let the Israelites *be happy* because of God, their Maker. Let the people of Jerusalem *rejoice* because of their King” (NCV).

Psalm 149:4:

“For the LORD takes *delight* [*ratsab*] in his people . . .” (NIV).

“For the LORD takes *pleasure* in his people . . .” (ESV).

“For the LORD is *happy* with His people . . .” (NLV).

Isaiah 65:18:

“Be glad and rejoice forever in what I will create, for I will create Jerusalem to be a *delight* and its people a *joy*. (NIV).

“*Be glad* and *rejoice* forever in what I will create . I create Jerusalem to be a *joy*, and her people to be a *gladness*. (ESV).

“Be glad; rejoice forever in my creation! And look! I will create Jerusalem as a place of *happiness*. Her people will be a source of *joy*” (NLT).

“Be glad and rejoice forever in what I create. The new Jerusalem I make will be full of *joy*, and her people will be *happy*. (GNT).

Chapter 21: Why Does It Matter Whether We Translate the Original Words as “Blessed” or “Happy”?

“Happy [are] the peacemakers—because they shall be called Sons of God” Jesus (Matthew 5:9, YLT).

Proverbs 28:14:

“Blessed is the one who always trembles before God” (NIV).

“Blessed is the one who fears the Lord always” (ESV).

“Happy is the man that feareth . . .” (KJV).

“Blessed is the one who always trembles before God” (NIV).

Psalm 127:5:

“Blessed [*asher*] is the man who fills his quiver with [children]!” (NASB).

“Blessed is the man whose quiver is full of them” (NIV).
“Blessed is the man who fills his quiver with them!” (ESV).
“Happy is the man that hath his quiver full of them” (KJV).
“Happy is the man who has his quiver full of them!” (RSV).
“O the happiness of the man Who hath filled his quiver with them” (YLT).
“*Happy* is the man who has many such arrows” (GNT).
“The person who fills a quiver full with them is *truly happy!*” (CEB).

“King Solomon shall be blessed, and the throne of David shall be established before the Lord forever” (1 Kings 2:45, ESV).

Romans 14:22:

“Happy [*makarios*] is he who does not condemn himself in what he approves” (NASB).
“Happy is he that condemneth not himself in that thing which he alloweth” (KJV).
“Happy is he that condemneth not himself in that thing which he alloweth” (TYNDALE).

“If ye be reproached for the name of Christ, happy are ye” (1 Peter 4:14, KJV).

“Blessed [*Makarios*] are those who are persecuted because of righteousness” (Matthew 5:10, NIV).

“Dear friends, don’t be surprised at the fiery trials you are going through, as if something strange were happening to you. Instead, be very glad [*chairo*]—for these trials make you partners with Christ in his suffering, so that you will have the wonderful joy [*agalliao*] of seeing his glory when it is revealed to all the world. So be happy [*makarios*] when you are insulted for being a Christian, for then the glorious Spirit of God rests upon you” (1 Peter 4:12-14, NLT).

“How happy is the man who does not follow the advice of the wicked or take the path of sinners or join a group of mockers!” (Psalm 1:1, HCSB).

“How beautiful upon the mountains are the feet of him who brings good news, who publishes peace, who brings good news of happiness, who publishes salvation, who says to Zion, “Your God reigns” (Isaiah 52:7, ESV).

Chapter 22: God Favors His People with Happiness: An Overview of *Asher* and *Makarios*

“How happy are those who reside in Your house, who praise You continually” (Psalm 84:4, HCSB).

“*Happy* is he whose help is the God of Jacob, whose hope is in the Lord his God” (Psalm 146:5, RSV).

“How *happy* is the man who does not follow the advice of the wicked or take the path of sinners or join a group of mockers! Instead, his delight [*hepes*] is in the Lord’s instruction, and he meditates on it day and night” (Psalm 1:1-2, HCSB).

“*Happy* the man who never follows the advice of the wicked . . . but finds his *pleasure* in the Law of Yahweh” (Psalm 1:1-2, TJB).

“*Happy* those who do not follow the counsel of the wicked. . . . Rather, the law of the Lord is their *joy*; God’s law they study day and night” (Psalm 1:1-2, NAB).

Happy the poor in spirit—because theirs is the reign of the heavens.

Happy the mourning—because they shall be comforted.

Happy the meek—because they shall inherit the land.

Happy those hungering and thirsting for righteousness—because they shall be filled.

Happy the kind—because they shall find kindness. Happy the clean in heart—because they shall see God.

Happy the peacemakers—because they shall be called Sons of God.

Happy those persecuted for righteousness’ sake—because theirs is the reign of the heavens.

Happy are ye whenever they may reproach you, and may persecute, and may say any evil thing against you falsely for my sake—rejoice ye and be glad, because your reward [is] great in the heavens (Matthew 5:3-12, YOUNGS).

“God makes happy those who have trouble for doing what is right. The kingdom of heaven is for them. God makes you happy [*makarios*] when people say wrong things about you, when they trouble you, and when they say all kinds of lies about you. Rejoice [*chairō*] and be glad [*agalliao*], for your reward is great in heaven, for so they persecuted the prophets who were before you” (Matthew 5:10-12, WE).

“Jesus said to him, “Thomas, because you have seen Me, you believe. Those are happy who have never seen Me and yet believe!”” (John 20:29, NLV).

“Jesus said to him, ‘Do you believe because you see me? How happy are those who believe without seeing me!’” (GNT).

“Are you the one who is to come, or shall we look for another?” (Matthew 11:3, ESV).

“How *happy* are those who have no doubts about me!” (Matthew 11:6, GNT).

James 1:12:

“*Happy* [is] the man who doth endure temptation” (YLT).

“*Happy* are those who remain faithful under trials” (GNT).

“*Happy* is the one who endures testing” (NET).

1 Peter 3:14:

“But and if ye suffer for righteousness’ sake, *happy* are ye” (KJV).

“But *happy* are you, even if you suffer because of righteousness!” (CEB).

“*Happy* are your eyes because they see, and your ears because they hear” (Matthew 13:16, YLT).

“And having turned unto the disciples, he said, by themselves, ‘*Happy* the eyes that are perceiving what ye perceive’” (Luke 10:23, YLT).

“Simon son of Jonah, you are a *happy* man! Because it was not flesh and blood that revealed this to you but my Father in heaven” (Matthew 16:17, TJB).

“How *happy* that servant is if his master finds him doing this when he comes home!” (Matthew 24:46, GNT).

“How *happy* are those servants whose master finds them awake and ready when he returns! I tell you, he will take off his coat, have them sit down, and will wait on them” (Luke 12:37, GNT).

Luke 1:45:

“*Happy* is she who believed that the Lord would fulfill the promises he made to her” (CEB).

“*Happy* [is] she who did believe, for there shall be a completion to the things spoken to her from the Lord” (YLT).

“While Jesus was saying these things, a certain woman in the crowd spoke up: ‘*Happy* is the mother who gave birth to you and who nursed you.’ But he said, ‘*Happy* rather are those who hear God’s word and put it into practice’” (Luke 11:27-28, CEB).

James 1:25:

“The one who keeps looking into God’s perfect Law and does not forget it will do what it says and be *happy* as he does it” (NLV).

“One who looks intently at the perfect law . . . and abides by it . . . this man will be blessed in what he does” (NASB).

“You *will* be *happy* if you do this. They cannot pay you back. You will get your pay when the people who are right with God are raised from the dead” (Luke 14:14, NLV).

“You must help the weak, remembering the words of the Lord Yeshua himself, ‘There is more *happiness* in giving than in receiving’” (Acts 20:35, CJB).

Romans 4:7-8:

“*Happy* those whose crimes are forgiven, whose sins are blotted out; *happy* the man whom the Lord considers sinless” (TJB).

“*Happy* they whose lawless acts were forgiven, and whose sins were covered; *happy* the man to whom the Lord may not reckon sin” (YLT).

“You were very *happy* then, but where is that *joy* now? I am ready to testify that you would have taken out your eyes and given them to me if that were possible” (Galatians 4:15, NCV).

“Restore to me the joy of your salvation” (Psalm 51:12, ESV).

“Listen! I am coming like a thief! *Happy* is he who stays awake” (Revelation 16:15, GNT).

“See! I am coming soon. The one who obeys what is written in this Book is *happy*! (Revelation 22:7, NLV).

“As we wait for the *happy* fulfillment of our hope in the glorious appearing of our great God and Savior, Jesus Christ” (Titus 2:13, NET).

“*Happy* are those who wash their robes clean and so have the right to eat the fruit from the tree of

life and to go through the gates into the city” (Revelation 22:14, GNT).

Revelation 19:9:

“The angel said to me, ‘Write this: *Happy* are those who have been invited to the wedding feast of the Lamb” (GNT).

“*Happy* [are] they who to the supper of the marriage of the Lamb have been called” (YLT).

Revelation 14:13:

“I heard a voice from heaven saying, ‘Write this: *Happy* are those who from now on die in the service of the Lord!’ ‘Yes indeed!’ answers the Spirit. ‘They will enjoy rest from their hard work, because the results of their service go with them” (GNT).

“Then I heard a voice from Heaven, saying, ‘Write this! From henceforth *happy* are the dead who die in the Lord!’ ‘*Happy* indeed,’ says the Spirit, ‘for they rest from their labours and their deeds go with them!’” (PHILLIPS).

Revelation 20:6:

“Those who are raised from the dead during this first time are *happy* and holy. The second death has no power over them” (NLV).

“*Happy* and holy [is] he who is having part in the first rising again; over these the second death hath not authority” (YLT).

“This is the first resurrection. *Happy* and holy is the one who shares in the first resurrection!” (PHILLIPS).

Chapter 23: We Find Lasting Happiness in God: A Closer Look at the Hebrew Word *Asher*

“Happy is the person whose sins are forgiven, whose wrongs are pardoned. Happy is the person whom the Lord does not consider guilty” (Psalm 32:1-2, NCV).

Psalms 84:5:

“*Happy* are the people whose strength is in You, whose hearts are set on pilgrimage” (HCSB).

“O the *happiness* of a man whose strength is in Thee” (YLT).

“Those who put their strength in you are *truly happy*” (CEB).

“How *happy* are those who live in your house” (CJB).

Proverbs 29:18:

“Where there is no vision, the people are unrestrained, but *happy* is he who keeps the law” (NASB).

“Whoever obeys instruction is *happy*” (CEB).

“*Happy* are those who keep God’s law!” (GNT).

“One who listens to instruction will be *happy*” (HCSB).

Job 5:17:

“Behold, *happy* is the man whom God correcteth: therefore despise not thou the chastening of the Almighty” (KJV).

“Behold, how *happy* is the man whom God reproves” (NASB).

“*Happy* is the person whom God corrects!” (GNT).

Psalm 119:1-2:

“*Happy* are those whose lives are faultless, who live according to the law of the Lord. *Happy* are those who follow his commands, who obey him with all their heart” (GNT).

“How *happy* are those whose way of life is blameless, who live by the Torah of Adonai! How *happy* are those who observe his instruction, who seek him wholeheartedly!” (CJB).

“Those whose way is blameless—who walk in the Lord’s Instruction—are *truly happy!* Those who guard God’s laws are *truly happy!* They seek God with all their hearts” (CEB).

Psalm 128:1-2:

“How *joyful* are those who fear the Lord—all who follow his ways! You will *enjoy* the fruit of your labor. How *joyful* and prosperous you will be!” (NLT).

“*Happy* are those who obey the Lord, who live by his commands. . . . You will be *happy* and prosperous” (GNT).

“Everyone who honors the Lord, who walks in God’s ways, is *truly happy!*” (CEB).

Proverbs 3:13:

“*Happy* is the man that findeth wisdom, and the man that getteth understanding” (KJV).

“*Happy* is the man who finds wisdom” (RSV, HCSB).

“*Ashrei* (happy) is the man . . . that getteth *tevunah* (understanding)” (OJB).

Psalm 34:8:

“Oh, taste and see that the Lord is good! *Blessed* is the man who takes refuge in him!” (ESV).

“*Happy* are those who take refuge in him” (NRSV).

“How *happy* is the man who takes refuge in Him!” (HCSB).

“The one who takes refuge in him is *truly happy!*” (CEB).

“*Happy* art thou, O Israel: who is like unto thee, O people saved by the Lord” (Deuteronomy 33:29, KJV).

“*Happy* is the nation whose God is the Lord, the people whom he has chosen as his heritage” (Psalm 33:12, NRSV).

Psalm 65:4:

“How *happy* is the one You choose and bring near to live in Your courts!” (HCSB).

“*Happy* is he whom thus thou chooseth to dwell in thy courts, close to thee” (MNT).

Psalm 32:1-2:

“The one whose wrongdoing is forgiven, whose sin is covered over, is *truly happy!* The one the Lord doesn’t consider guilty . . . that one is *truly happy!*” (CEB).

“*Happy* are those whose transgression is forgiven, whose sin is covered. *Happy* are those to whom the Lord imputes no iniquity” (NRSV).

“*Happy* is the man who . . . keeps the Sabbath without desecrating it, and keeps his hand from doing any *evi*”. (Isaiah 56:2, HCSB).

“*Happy* are those whom you discipline, O Lord, and whom you teach out of your law” (Psalm 94:12, NRSV).

“*Happy* are you, O land, when your king is the son of the nobility, and your princes feast at the proper time, for strength, and not for drunkenness!” (Ecclesiastes 10:17, ESV).

“All those who take refuge in Him [the Son, Messiah] are *happy*” (Psalm 2:12, HCSB).

“All who wait patiently for Him are *happy*” (Isaiah 30:18, HCSB).

Proverbs 14:21:

“He who despises his neighbor sins, but *happy* is he who is gracious to the poor” (NASB).

“If you want to be *happy*, be kind to the poor” (GNT).

“*Happy* is one who cares for the poor; the Lord will save him in a day of adversity” (Psalm 41:1, PHILLIPS).

Proverbs 8:32:

“Children, listen to me [Wisdom]: *happy* are those who keep my ways” (CJB).

“Do as I say, and you will be *happy*” (GNT).

Proverbs 20:7:

“The righteous live a life of integrity; *happy* are their children after them” (CJB).

“The one who lives with integrity is righteous; his children who come after him will be *happy*” (HCSB).

“The righteous is walking habitually in his integrity, O the *happiness* of his sons after him!” (YLT).

“*Happy* is the person who trusts the Lord, who doesn’t turn to those who are proud or to those who worship false gods” (Psalm 40:4, NCV).

“*Happy* the people to whom such blessings fall! *Happy* the people whose God is the Lord!” (Psalm 144:15, RSV).

“O the *happiness* of the people that is thus, O the *happiness* of the people whose God [is] Jehovah!” (YLT).

**Chapter 24: We Can Be Happy Now . . . and Forever:
A Closer Look at the Greek Word *Makarios***

“Those who are hungry and thirsty to be right with God are happy, because they will be filled. . . . Those who have a pure heart are happy, because they will see God. Those who make peace are happy, because they will be called the sons of God” *Jesus* (Matthew 5:6, 8-9, NLV).

“Now that you know these things, you will be *blessed* if you do them” (John 13:17, NIV).

“*Happy in God* is the one who reads aloud the words of this prophecy, and *truly happy* are those who hear, and who keep what is written in it, for the time is near” (Revelation 1:3, ESV).

“I heard a voice from heaven saying, ‘Write this: *Happy in God* are the dead who die in the Lord from now on. *Truly happy* indeed,’ says the Spirit” (Revelation 14:13, ESV).

“The angel said to me, ‘Write this: *Happy* are those who are invited to the marriage supper of the Lamb’” (Revelation 19:9, ESV).

“*Truly happy* are those who wash their robes, so that they may have the right to the tree of life and that they may enter the city by the gates” (Revelation 22:14, ESV).

“When the cares of my heart are many, your consolations cheer my soul” (Psalm 94:19, ESV).

Chapter 25: God Tells His Children to Spend Time and Money Partying: The Hebrew Word *Samach*, Part 1

“You shall rejoice before the Lord your God, you and your son and your daughter” (Deuteronomy 16:11, ESV).

“He shall be free at home one year to be *happy* with his wife” (Deuteronomy 24:5, ESV).

“You shall take on the first day the fruit of splendid trees, branches of palm trees and boughs of leafy trees and willows of the brook, and you shall *rejoice* before the Lord your God seven days” (Leviticus 23:40, ESV).

“You will eat there in the presence of the Lord your God and *rejoice* with your household in everything you do, because the Lord your God has blessed you. . . . You shall *rejoice* before the Lord your God, you and your sons and your daughters, your male servants and your female servants, and the Levite that is within your towns. . . . You may . . . eat meat within any of your towns, as much as you desire, according to the blessing of the Lord your God that he has given you. . . . You shall eat them before the Lord your God. . . . And you shall *rejoice* before the Lord your God in all that you undertake” (Deuteronomy 12:7, 12, 15, 18, HCSB).

“If the way is too long for you, so that you are not able to carry the tithe, when the Lord your God blesses you . . . then you shall turn it into money and bind up the money in your hand and go to the place that the Lord your God chooses and spend the money for whatever you desire—oxen or sheep or wine or strong drink, whatever your appetite craves. And you shall eat there before the Lord your God and *rejoice*” (Deuteronomy 14:24-26, ESV).

“You shall *rejoice* in all the good that the Lord your God has given to you and to your house, you, and the Levite, and the sojourner who is among you” (Deuteronomy 26:11, ESV).

“You shall sacrifice peace offerings and shall eat there, and you shall *rejoice* before the Lord your God” (Deuteronomy 27:7, ESV).

“The people of Israel who were present at Jerusalem kept the Feast of Unleavened Bread seven days with *great gladness*, and the Levites and the priests praised the Lord day by day, singing with all their might to the Lord. . . . So they ate the food of the festival for seven days, sacrificing peace offerings and giving thanks to the Lord, the God of their fathers. Then the whole assembly agreed together to keep the feast for . . . another seven days with gladness [*simchah*]. . . . So there was *great joy* in Jerusalem, for since the time of Solomon the son of David king of Israel there had been nothing like

this in Jerusalem”
(2 Chronicles 30:21-23, 26, ESV).

2 Chronicles 6:41:

“Let your priests, O Lord God, be clothed with salvation, and let your saints *rejoice* in your goodness” (ESV).

“Let your priests receive your salvation, Lord God, and may your holy people be *happy* because of your goodness” (NCV).

“Hezekiah and all the people were *happy* about what God had done for them” (2 Chronicles 29:36, NET).

“Let those who are happy [*chaphets*] when my name is cleared shout with joy [*ranan*] and *gladness*. Let them always say, ‘May the Lord be honored. He is pleased [*chaphets*] when everything goes well with the one who serves him’” (Psalm 35:27, NIRV).

“You have multiplied the nation; you have increased its joy [*simchah*]; they *rejoice* before you as with joy [*simchah*] at the harvest, as they are glad [*gil*] when they divide the spoil” (Isaiah 9:3, ESV).

“Oh, that salvation for Israel would come out of Zion! When the Lord restores the fortunes of his people, let Jacob rejoice [*gil*], let Israel be *glad*” (Psalm 14:7, ESV).

Joel 2:21, 23:

“Fear not, O land; be glad [*gil*] and *rejoice*, for the Lord has done great things! . . . Be glad [*gil*], O children of Zion, and *rejoice* in the Lord your God, for he has . . . poured down for you abundant rain” (ESV).

“Be happy and *full of joy*, because the Lord has done a wonderful thing. . . . So be happy, people of Jerusalem; *be joyful* in the Lord your God” (NCV).

“Now the Lord God appointed a plant and made it come up over Jonah, that it might be a shade over his head, to save him from his discomfort. So Jonah was *exceedingly glad* because of the plant” (Jonah 4:6, ESV).

“Be *happy* with your wife and find your *joy* with the woman you married. . . . Let her charms keep you happy [*ahabah*]; let her surround you with her love” (Proverbs 5:18-19, GNT).

“You make grass grow for the cattle and plants for us to use, so that we can grow our crops and produce wine *to make us happy*, olive oil to make us cheerful, and bread to give us strength” (Psalm 104:14-15, GNT).

Ecclesiastes 8:15:

“I commend joy [*simchah*], for man has nothing better under the sun but to eat and drink and be *joyful*, for this will go with him in his toil through the days of his life that God has given him under the sun” (ESV).

“I recommend having fun, because there is nothing better for people in this world than to eat, drink, and *enjoy* life. That way they will experience some happiness along with all the hard work” (NLT).

“I commended mirth, because a man hath no better thing under the sun, than to eat, and to drink, and to *be merry*” (KJV).

“Bread is made for laughter, and wine *gladdens* life” (Ecclesiastes 10:19, ESV).

Chapter 26: God Desires Our Happiness Now and Forever: The Hebrew Word *Samach*, Part 2

“Sing and rejoice, O daughter of Zion, for behold, I come and I will dwell in your midst, declares the Lord” (Zechariah 2:10, ESV).

“They offered great sacrifices that day and *rejoiced*, for God had made them *rejoice* with great joy; the women and children also *rejoiced*. And the *joy* of Jerusalem was heard far away” (Nehemiah 12:43, ESV).

“There is a river whose streams make *glad* the city of God, the holy habitation of the Most High” (Psalm 46:4, ESV).

“He turned the sea into dry land; they passed through the river on foot. There did we *rejoice* in him” (Psalm 66:6, ESV).

“You, O Lord, have made me *happy* by your work. I will sing for joy [*ranan*] because of what you have done” (Psalm 92:4, NET).

“This is the day that the Lord has made; let us rejoice [*gil*] and be *glad* in it” (Psalm 118:24, ESV).

“Let the sky *rejoice*, and the earth be happy [*gil*]! Let the sea and everything in it shout!” (Psalm 96:11, NET).

“The Lord reigns! Let the earth be happy [*gil*]! Let the many coastlands *rejoice!*” (Psalm 97:1, NET).

“You make me strong and *happy*, Lord. You rescued me. Now I can be *glad* and laugh at my enemies” (1 Samuel 2:1, CEV).

“I will be happy [*gil*] and *rejoice* in your faithfulness, because you notice my pain and you are aware of how distressed I am” (Psalm 31:7, NET).

Isaiah 25:9:

“He is our God! We have put our trust in him, and he has rescued us. He is the Lord! We have put our trust in him, and now we are happy [*gil*] and *joyful* because he has saved us” (GNT).

“It will be said on that day, ‘Behold, this is the Lord; we have waited for him, that he might save us. This is the Lord; we have waited for him; let us be glad and *rejoice!*’” (ESV).

“At that time people will say, ‘Our God is doing this! We have waited for him, and he has come to save us. This is the Lord. We waited for him, so we will rejoice and *be happy* when he saves us’” (NCV).

2 Chronicles 20:27:

“They returned, every man of Judah and Jerusalem, and Jehoshaphat at their head, returning to Jerusalem with *joy*, for the Lord had made them *rejoice* over their enemies . . .” (ESV).

“And each man of Judah turned again, and the dwellers of Jerusalem, and Jehoshaphat (went) before them, into Jerusalem with *great gladness*; for the Lord God had given to them (the) joy of their enemies . . .” (WYC).

“Jehoshaphat led the crowd back to Jerusalem. And as they marched, they played harps and blew trumpets. They were *very happy* because the Lord had given them victory over their enemies (CEV).

“O Lord, in your strength the king *rejoices*, and in your salvation how greatly he exults [*gil*]!” (Psalm 21:1).

Jeremiah 31:13:

“Then shall the young women rejoice [*tismab*] in the dance, and the young men and the old shall be *merry*. I will turn their mourning into joy [*sasson*]; I will comfort them, and give them *gladness* for sorrow” (ESV).

“Then the young women will dance and be happy, and men, young and old, will *rejoice*. I will comfort them and turn their mourning into joy, their sorrow into *gladness*” (GNT).

“The people had given willingly to the Lord, and they were *happy* that so much had been given. King David also was extremely *happy*” (1 Chronicles 29:9, GNT).

Psalms 16:8-9:

“I have set the Lord always before me; because he is at my right hand, I shall not be shaken. Therefore my heart is *glad*, and my whole being rejoices [*gil*]” (ESV).

“I constantly trust in the Lord; because he is at my right hand, I will not be upended. So my heart *rejoices* and I am happy” (NET).

Psalms 40:16:

“May all who seek you rejoice [*sus*] and be *glad* in you” (ESV).

“Let those who follow you be happy and *glad*” (NCV).

“May all those who seek you be happy and *rejoice* in you!” (NET).

Psalms 105:3:

“Glory in his holy name; let the hearts of those who seek the Lord *rejoice!*” (ESV).

“Be glad that you are his; let those who seek the Lord be *happy*” (NCV).

“Let my meditation be pleasing to Him; as for me, I shall be *glad* in the Lord” (Psalm 104:34, NASB).

“Give me *happiness*, O Lord, for I give myself to you. O Lord, you are so good, so ready to forgive, so full of unfailing love for all who ask for your help” (Psalm 86:4-5, NLT).

“Children with good sense make their parents *happy*, but foolish children make them sad” (Proverbs 10:1, CEV).

“The father of the righteous will be very happy [*gil*]; the one who gives life to the wise will *rejoice*. Your father and your mother will *rejoice*; she who gave you birth will be happy [*gil*]” (Proverbs 23:24-25, CEB).

“My son, if your heart is wise, my heart too will be *glad*” (Proverbs 23:15, ESV).

“I withheld not my heart from any joy [*simchah*]; for my heart *rejoiced* in all my labour” (Ecclesiastes 2:10, KJV).

“I perceived that there is nothing better for them than to be *joyful* and to do good as long as they live” (Ecclesiastes 3:12, ESV).

“I have seen that nothing is better than that man should be *happy* in his activities, for that is his lot” (Ecclesiastes 3:22, NASB).

“When God gives someone wealth and possessions, and the ability to enjoy them, to accept their lot and be *happy* in their toil—this is a gift of God” (Ecclesiastes 5:19, NIV).

Proverbs 15:30:

“A cheerful look brings *joy* to the heart; good news makes for good health” (NLT).

“Smiling faces make you *happy*, and good news makes you feel better” (GNT).

Proverbs 12:25:

“Anxiety in a man’s heart weighs him down, but a good word makes him *glad*” (ESV).

“Worry can rob you of happiness, but kind words will *cheer* you up” (GNT).

“I was *glad* when they said to me, ‘Let us go to the house of the Lord!’” (Psalm 122:1, ESV).

“Let me share in the prosperity of your chosen ones. Let me *rejoice* in the *joy* of your people; let me praise you with those who are your heritage” (Psalm 106:5, NLT).

“He risked his life when he struck down the Philistine and the Lord gave all Israel a great victory. When you saw it, you were *happy*. So why would you sin against innocent blood by putting David to death for no reason?” (1 Samuel 19:5, NET).

“The life of the godly is full of light and *joy*, but the light of the wicked will be snuffed out. (Proverbs 13:9, NLT).

Proverbs 29:6:

“An evil man is caught by sin, but the righteous one sings and *rejoices*” (HCSB).

“Evil people are trapped by their own sin, but good people can sing and be *happy*” (NCV).

Psalms 19:8:

“The precepts of the Lord are right, *rejoicing* the heart (ESV).

“The laws of the Lord are right, and those who obey them are *happy*” (GNT).

“May the Lord be *happy* with what he has made!” (Psalm 104:31, GNT).

“Do not despise these small beginnings, for the Lord *rejoices* to see the work begin” (Zechariah 4:10, NLT).

Zephaniah 3:14:

“Sing [*rinnah*], Jerusalem. Israel, shout for joy [*ruah*]! Jerusalem, *be happy* and rejoice [*alaz*] with all your heart” (NCV).

“Sing, Daughter Zion! Raise the rafters, Israel! Daughter Jerusalem, be happy! celebrate!” (MSG).

Chapter 27: God’s People Can and Should Rejoice and Celebrate: *Chara* and *Chairo* in the Gospels and Acts

“Your father Abraham was overjoyed that he would see my day. He saw it and was happy” Jesus (John 8:56, CEB).

“And you will have joy [*chara*] and gladness [*agalliasis*] and many will rejoice [*chairo*] at his birth” (Luke 1:14, ESV).

“When they [the wise men] saw the star, they *rejoiced* exceedingly with *great joy*” (Matthew 2:10).

Luke 13:17:

“As he said these things, all his adversaries were put to shame, and all the people *rejoiced* at all the glorious things that were done by him” (ESV).

“By these words, Yeshua put to shame the people who opposed him; but the rest of the crowd were *happy* about all the wonderful things that were taking place through him” (CJB).

“These things I have spoken to you, that my *joy* may be in you, and that your *joy* may be full” (John 15:11).

“I have told you these things so that you can have the *true happiness* that I have. I want you to be *completely happy*” (John 15:11, ERV).

“He *rejoices* over it more than over the ninety-nine that never went astray” (Matthew 18:13, ESV).

“When you find it, you are *so happy* that you put it on your shoulders and carry it back home. Then you call your friends and neighbors together and say to them, ‘I am *so happy* I found my lost sheep. Let us celebrate!’” (Luke 15:5-6, GNT).

“Zacchaeus came down at once, *happy* to welcome Jesus” (Luke 19:6, CEB).

“As [Jesus] was drawing near . . . the whole multitude of his disciples began to *rejoice* and praise God with a loud voice for all the mighty works that they had seen” (Luke 19:37).

“I will never leave you and I will never abandon you” (Hebrews 13:5, NET).

“The one who has the bride is the bridegroom. The friend of the bridegroom, who stands and hears him, *rejoices* greatly at the bridegroom’s voice. Therefore this *joy* of mine is now complete” (John 3:29).

Luke 15:32:

“It was fitting to celebrate [*euphraino*] and be *glad*, for this your brother was dead, and is alive; he was lost, and is found” (ESV).

“It behooved to make feast, and to have *joy*; for this thy brother was dead, and lived again [and liveth again]; he perished, and is found” (WYCLIFFE).

“It was meet that we should make merry, and *be glad*: for this thy brother was dead, and is alive again; and was lost, and is found” (KJV).

“But to be merry, and to *be glad*, it was needful, because this thy brother was dead, and did live again, he was lost, and was found” (YLT).

“But we had to celebrate and *be glad*, because this brother of yours was dead and is alive again; he was lost and is found” (NIV).

“But we had to celebrate and *be glad* because this brother of yours was dead and is alive. He was lost and is found” (CEB).

“It was appropriate to celebrate and be glad, for your brother was dead, and is alive; he was lost and is found” (NET).

“But it was right to make merry and *rejoice*, because this thy brother was dead and has come to life again, and was lost and has been found” (DARBY).

“But now we should have a good time and *be happy*. Your brother was dead and now he is alive again. He was lost and is found” (WE).

“But this was a day to be happy and *celebrate*. Your brother was dead, but now he is alive. He was lost, but now he is found” (ERV).

“But we had to celebrate and be *happy*, because your brother was dead, but now he is alive; he was lost, but now he has been found” (GNT).

“We had to celebrate and be happy because your brother was dead, but now he is alive. He was lost, but now he is found” (NCV.)

“But we have something to celebrate, something to be happy about. This brother of yours was dead but has come back to life. He was lost but has been found” (GW).

“Isn’t it right to join in the celebration and be *happy*? This is your brother we’re talking about. He was dead and is alive again; he was lost and is found again!” (VOICE).

“But we had to celebrate and *rejoice*, because this brother of yours was dead and is alive again; he was lost and is found” (HCSB).

“We had to celebrate and *rejoice*, because this brother of yours was dead but has come back to life — he was lost but has been found” (CJB).

“But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found” (NRSV).

“But we had to celebrate and *rejoice*, for this brother of yours was dead and has begun to live, and was lost and has been found” (NASB).

“When they heard it, [the Pharisees] were *glad* and promised to give [Judas] money. And he sought an opportunity to betray [Jesus]” (Mark 14:11, ESV).

“Remember what I told you: I am going away, but I will come back to you again. If you really loved me, you would be *happy* that I am going to the Father, who is greater than I am” (John 14:28, NLT).

John 16:20-22:

“Truly, truly, I say to you, you will weep and lament, but the world will rejoice. You will be sorrowful, but your sorrow will turn into *joy*. When a woman is giving birth, she has sorrow because her hour has come, but when she has delivered the baby, she no longer remembers the anguish, for joy that a human being has been born into the world. So also you have sorrow now, but I will see you again, and your hearts will *rejoice*, and no one will take your *joy* from you” (ESV).

“I can guarantee this truth: You will cry because you are sad, but the world will be happy. You will feel pain, but your pain will turn to happiness. A woman has pain when her time to give birth comes. But after the child is born, she doesn’t remember the pain anymore because she’s happy that

a child has been brought into the world. Now you're in a painful situation. But I will see you again. Then you will be *happy*, and no one will take that *happiness* away from you" (GW).

Matthew 28:8:

"They departed quickly from the tomb with fear and great *joy*, and ran to tell his disciples" (Matthew 28:8, ESV).

"The women were frightened and yet very *happy*, as they hurried from the tomb and ran to tell his disciples" (Matthew 28:8, CEV).

"While they still could not believe it because they were amazed and *happy* . . ." (Luke 24:41, NCV).

"When he had said this, he showed them his hands and his side. Then the disciples were *glad* when they saw the Lord.

. . . When the disciples saw the Lord, they became very *happy*" (John 20:20, CEV).

Luke 24:51-52:

"While he blessed them, he parted from them and was carried up into heaven. And they worshiped him and returned to Jerusalem with great *joy*" (ESV).

"As he was doing this, he left and was taken up to heaven.[a] 52 After his disciples had worshiped him, they returned to Jerusalem and were very *happy*" (CEV).

"Now the people who plant can be *happy together* with those who harvest" (John 4:36, ERV).

"After they had come out of the water, the Lord's Spirit took Philip away. The official never saw him again, but he was *very happy* as he went on his way" (Acts 8:39, CEV).

"When those who were not Jewish heard Paul say this, they were *happy* and gave honor to the message of the Lord" (Acts 13:48, NCV).

Luke 10:20:

"Do not *rejoice* in this, that the spirits are subject to you, but *rejoice* that your names are written in heaven" (ESV).

"You should not be *happy* because the spirits obey you but because your names are written in heaven" (NCV).

"When the people read it, they were filled with *joy* by the message of encouragement" (Acts 15:31, GNT).

"When [Barnabas] went to Antioch and saw how God had blessed the believers there [who were facing persecution], he was very *happy*" (Acts 11:23, ERV).

"*Rejoice* and be glad [*agalliao*], for your reward is great in heaven, for so they persecuted the prophets" (Matthew 5:12, ESV).

"*Be happy* about it! Be very glad!" (Matthew 5:12, NLT).

"*Rejoice* in that day, and leap for joy [*skirtao*], for behold, your reward is great in heaven; for so their fathers did to the prophets" (Luke 6:23, ESV).

“Be *happy* and jump for joy!” (Luke 6:23, CEV).

Acts 5:41:

“They left the presence of the council, *rejoicing* that they were counted worthy to suffer dishonor for the name” (ESV).

“The apostles left the council and were *happy*, because God had considered them worthy to suffer for the sake of Jesus” (CEV).

“The crowd joined in attacking them, and the magistrates tore the garments off them and gave orders to beat them with rods. And when they had inflicted many blows upon them, they threw them into prison. . . . [The jailer] put them into the inner prison and fastened their feet in the stocks. Sadly, God’s people have been treated this way throughout history, but the next verse is astonishing: “About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them” (Acts 16:22-25, ESV).

Chapter 28: Enjoying God’s Grace: The Greek Words *Chara* and *Chairo* in the Apostles’ Letters

“Base your happiness on your hope in Christ” (Romans 12:12, PHILLIPS).

“I know the plans I have for you . . . plans for welfare and not for evil, to give you a future and a hope” (Jeremiah 29:11, ESV).

“The hope of the righteous brings joy” (Proverbs 10:28, ESV).

“*Rejoice* in hope, be patient in tribulation, be constant in prayer” (Romans 12:12, ESV).

“May the God of hope fill you with all *joy* and peace in believing, so that by the power of the Holy Spirit you may abound in hope” (Romans 15:13, ESV).

“*Rejoice* with those who *rejoice*, weep with those who weep” (Romans 12:15, ESV).

“Be *happy* with those who are *happy*. . . .” (Romans 12:15, NLT).

“Share the *happiness* of those who are *happy*. . . .” (Romans 12:15, PHILLIPS).

“You also should be *happy* and full of joy with me” (Philippians 2:18, NCV).

“If it should happen that my life-blood is . . . poured out . . . then I can still be very happy, and I can share my happiness with you all. I should like to feel that you could be *glad* about this too, and could share with me the happiness I speak of” (Philippians 2:16-18, PHILLIPS).

“Though I am absent in body, yet I am with you in spirit, *rejoicing* to see your good order and the firmness of your faith in Christ” (Colossians 2:5, ESV).

“. . . I'm *happy* to see the discipline and stability of your faith in Christ" (Colossians 2:5, CEB).

"We are glad when we are weak and you are strong. Your restoration is what we pray for" (2 Corinthians 13:9, ESV).

"Your obedience is known to all, so that I *rejoice* over you" (Romans 16:19, ESV).

"Everyone knows that you are obedient to the Lord. This makes me very *happy*" (Romans 16:19, NLT).

"The news of your obedience has reached everybody, so I'm *happy* for you" (Romans 16:19, CEB).

"What thanksgiving can we return to God for you, for all the *joy* that we feel for your sake before our God" (1 Thessalonians 3:9, ESV).

"How can we possibly thank God enough for all the *happiness* you have brought us?" (1 Thessalonians 3:9, CEB).

2 Corinthians 7:13:

"Besides our own comfort, we *rejoiced* still more at the *joy* of Titus, because his spirit has been refreshed by you all.

We were especially *delighted* to see how *happy* Titus was. . ." (NIV).

"How *happy* Titus made us with his *happiness* over the way in which all of you helped to *cheer* him up!" (GNT).

"The fruit of the Spirit is love, *joy*, peace, patience, kindness, goodness, faithfulness, gentleness, self-control" (Galatians 5:22-23, ESV).

1 Corinthians 13:6):

"[Love] does not *rejoice* at wrongdoing, but rejoices with the truth" (ESV).

"Love is not *happy* with evil, but is happy with the truth" (GNT).

2 Corinthians 6:8, 10:

"We are treated . . . as sorrowful, yet always *rejoicing*; as poor, yet making many rich; as having nothing, yet possessing everything" (2 Corinthians 6:8, 10, ESV).

"Whether we were honored or dishonored or praised or cursed. . . we are always *happy*, even in times of suffering. . ." (CEV).

Colossians 1:24:

"I *rejoice* in my sufferings for your sake, and in my flesh I am filling up what is lacking in Christ's afflictions for the sake of his body, that is, the church" (ESV).

"I am *happy* in my sufferings for you. There is much that Christ must still suffer. And I gladly accept my part of those sufferings in my body for the good of his body, the church" (ERV).

"I am *glad* when I suffer for you in my body, for I am participating in the sufferings of Christ that continue for his body, the church" (NLT).

2 Corinthians 7:6-7:

"God, who encourages those who are discouraged, encouraged us by the arrival of Titus. His

presence was a *joy*, but so was the news he brought of the encouragement he received from you. When he told us how much you long to see me, and how sorry you are for what happened, and how loyal you are to me, I was filled with *joy!*” (NLT).

“It was not only his coming that *cheered* us. . . . He told us how much you want to see me, how sorry you are, how ready you are to defend me; and so I am even *happier* now” (GNT).

2 Corinthians 7:9:

“I *rejoice*, not because you were grieved, but because you were grieved into repenting” (ESV).

“I am *happy*, not because you were made sorry, but because your sorrow led you to repentance” (NIV).

Philippians 2:17:

“I will *rejoice* even if I lose my life, pouring it out like a liquid offering to God, just like your faithful service is an offering to God. And I want all of you to share that *joy*” (NLT).

“. . . I will be *happy* and full of *joy* with all of you” (NCV).

“I think it is necessary to send back to you Epaphroditus, my brother, co-worker and fellow soldier, who is also your messenger, whom you sent to take care of my needs. For he longs for all of you and is distressed because you heard he was ill. Indeed he was ill, and almost died. . . . Therefore I am all the more eager to send him, so that when you see him again you may be *glad* and I may have less anxiety. So then, welcome him in the Lord with *great joy*, and honor people like him, because he almost died for the work of Christ” (Philippians 2:25-30, NIV).

“I want very much to send him to you so that when you see him you can be *happy*, and I can stop worrying about you” (Philippians 2:28, NCV).

Philippians 3:1:

“Finally, my brothers, *rejoice* in the Lord” (ESV).

“Whatever happens, my dear brothers and sisters, *rejoice* in the Lord” (NLT).

“So now, my Christian brothers, be *happy* because you belong to Christ” (NLV).

Philippians 4:4:

“Be glad in the Lord always! Again I say, be glad!” (CEB).

“Delight yourselves in God, yes, find your joy in him at all times” (PHILLIPS).

2 Corinthians 13:11:

“Finally, brothers, *rejoice*” (ESV).

“And that’s about it, friends. *Be cheerful*” (MSG).

“Dear brothers and sisters, I close my letter with these last words: *Be joyful*” (NLT).

Chapter 29: The Bible Leaves No Room for Doubt: Our Happiness Matters to God

“Godliness with contentment is great gain” (1 Timothy 6:6, ESV).

“Be content with what you have” (Hebrews 13:5, ESV).

“Seek peace and pursue it” (Psalm 34:14, ESV).

“Come to me, all you who are weary and burdened, and I will give you rest” (Matthew 11:28, NIV).

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid” (John 14:27, NIV).

“Do not be anxious about anything. . . . And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” (Philippians 4:6-7, NIV).

“The Lord make his face to shine upon you and be gracious to you; the Lord lift up his countenance upon you and give you peace” (Numbers 6:25-26, ESV).

“Who is a God like you, pardoning iniquity and passing over transgression for the remnant of his inheritance? He does not retain his anger forever, because he delights in steadfast love” (Micah 7:18, ESV).

“Oh sing to the Lord a new song, for he has done marvelous things! His right hand and his holy arm have worked salvation for him. The Lord has made known his salvation” (Psalm 98:1-2, ESV).

“We have an advocate with the Father, Jesus Christ the righteous” (1 John 2:1, ESV).

“They shall hunger no more, neither thirst anymore; the sun shall not strike them, nor any scorching heat. For the Lamb in the midst of the throne will be their shepherd, and he will guide them to springs of living water, and God will wipe away every tear from their eyes” (Revelation 7:16-17, ESV).

PART FOUR: Understanding and Experiencing Happiness in God

Chapter 30: The Emotional Satisfaction in Happiness and Joy

“Let all those who seek You rejoice and be glad in You; and let those who love Your salvation say continually, ‘Let God be magnified!’” (Psalm 70:4, NKJV).

“I will go to the altar of God, to God my exceeding joy, and I will praise you with the lyre, O God, my God” (Psalm 43:4, ESV).

“I will delight myself in Your commandments, which I love” (Psalm 119:47, AMP).

“Let all those who seek You rejoice and be glad in You; let such as love Your salvation say continually, ‘The Lord be magnified!’” (Psalm 40:16, NKJV).

“He will show how much he loves you and how happy he is with you. He will laugh and be happy about you” (Zephaniah 3:17, ERV).

“The Lord is good to everyone and everything; God’s compassion extends, to all his handiwork!” (Psalm 145:9, CEB).

“He did not leave Himself without a witness, since He did what is good by giving you rain from heaven and fruitful seasons and satisfying your hearts with food and happiness [*euphrosune*]” (Acts 14:17, HCSB).

“Remember that in your lifetime you received your good things” (Luke 16:25, NET).

Chapter 31: Happiness Is Our Choice

“I concluded there is nothing better than to be happy and enjoy ourselves as long as we can” (Ecclesiastes 3:12, NLT).

“His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature” (2 Peter 1:3-4, ESV).

“Do not be conformed to this world, but be transformed by the renewal of your mind” (Romans 12:2, ESV).

“Be gracious to me, O Lord, for I am languishing; heal me, O Lord, for my bones are troubled. . . . I am weary with my moaning; every night I flood my bed with tears. . . . The Lord has heard the sound of my weeping. The Lord has heard my plea; the Lord accepts my prayer” (Psalm 6:2-3, 6, 8-9, ESV).

“Let us use them [our spiritual gifts]. . . . The one who does acts of mercy, with cheerfulness” (Romans 12:6, 8, ESV).

“Work out your own salvation with fear and trembling [our actions], for it is God who works in you [God’s actions], both to will and to work for his good pleasure [God’s actions]” (Philippians 2:12-13, ESV).

“I planted, Apollos watered, but God gave the growth” (1 Corinthians 3:6, ESV).

“Fix your thoughts on what is true. . . . Think about things that are excellent and worthy of praise” (Philippians 4:8, NLT).

“I *smiled* on them when they had lost confidence; my cheerful face encouraged them” (Job 29:24, GNT).

“A cheerful look brings joy to the heart, and good news gives health to the bones” (Proverbs 15:30, NIV).

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding,

will guard your hearts and your minds in Christ Jesus” (Philippians 4:6-7, ESV).

“Behold, the Lord passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the Lord, but the Lord was not in the wind. And after the wind an earthquake, but the Lord was not in the earthquake. And after the earthquake a fire, but the Lord was not in the fire. And after the fire the sound of a low whisper” (1 Kings 19:11-12, ESV).

Chapter 32: Ways to Cultivate Happiness

“Let me hear the sounds of joy and gladness; and though you have crushed me and broken me, I will be happy once again” (Psalm 51:8, GNT).

“We prayed to our God and posted a guard day and night to meet this threat” (Nehemiah 4:9, NIV).

“Be transformed by the renewing of [our] minds” (Romans 12:2, CEB).

“Do not enter the path of the wicked, and do not walk in the way of the evil. Avoid it; do not go on it; turn away from it and pass on” (Proverbs 4:14-15, ESV).

Can a man carry fire next to his chest and his clothes not be burned? . . . So is he who goes in to his neighbor’s wife; none who touches her will go unpunished. . . . He who commits adultery lacks sense; he who does it destroys himself. He will get wounds and dishonor, and his disgrace will not be wiped away” (Proverbs 6:27, 29, 32-33, ESV).

“If a man is lazy, the rafters sag; if his hands are idle, the house leaks” (Proverbs 10:18, NIV).

“Sluggards do not plow in season; so at harvest time they look but find nothing” (Proverbs 20:4, NIV).

“A man without self-control is like a city broken into and left without walls” (Proverbs 25:28, ESV).

“Make every effort to supplement your . . . knowledge with self-control” (2 Peter 1:5-6, ESV).

“Whatever you do, work heartily, as for the Lord and not for men” (Colossians 3:23, ESV).

“Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others” (Philippians 2:3-4, NASB).

“If you give yourself to the hungry and satisfy the desire of the afflicted, then your light will rise in darkness and your gloom will become like midday. And the Lord will continually guide you, and satisfy your desire in scorched places, and give strength to your bones; and you will be like a watered garden, and like a spring of water whose waters do not fail” (Isaiah 58:10-11, NASB).

“Rejoice with those who rejoice” (Romans 12:15, NIV).

“It is more blessed [*makarios*: happy-making] to give than to receive” (Acts 20:35, ESV).

Chapter 33: Celebration Is God's Idea: Feasts, Festivals, Sabbaths, Singing, and Dancing in the Bible

“Celebrate the Festival of Shelters for seven days. Also invite the poor, including Levites, foreigners, orphans, and widows. . . . You will be completely happy, so celebrate this festival in honor of the Lord your God” (Deuteronomy 16:13-15, CEV).

“If you turn back your foot from the Sabbath, from doing your pleasure on my holy day, and call the Sabbath a delight and the holy day of the Lord honorable; if you honor it, not going your own ways, or seeking your own pleasure, or talking idly; then you shall take delight in the Lord . . . for the mouth of the Lord has spoken” (Isaiah 58:13-14, ESV).

“The cheerful of heart has a continual feast” (Proverbs 15:15, ESV).

“Many will come from east and west and recline at table with Abraham, Isaac, and Jacob in the kingdom of heaven” (Matthew 8:11, ESV).

“I confer on you a kingdom, just as my Father conferred one on me, so that you may eat and drink at my table in my kingdom”(Luke 22:29-30, NIV).

“I tell you I will not drink again of this fruit of the vine until that day when I drink it new with you in my Father's kingdom” (Matthew 26:29, ESV).

“Let all who take refuge in you rejoice; let them ever sing for joy, and spread your protection over them, that those who love your name may exult in you” (Psalm 5:11, ESV).

“Clap your hands, all peoples! Shout to God with loud songs of joy!” (Psalm 47:1, ESV).

“My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips . . . for you have been my help, and in the shadow of your wings I will sing for joy” (Psalm 63:5, 7, ESV).

“Shout, and sing for joy, O inhabitant of Zion, for great in your midst is the Holy One of Israel” (Isaiah 12:6, ESV).

“Sing, O heavens, for the Lord has done it; shout, O depths of the earth; break forth into singing, O mountains, O forest, and every tree in it!” (Isaiah 44:23, ESV).

“‘The Lord has blessed the household of Obed-edom and all that belongs to him, because of the ark of God.’ So David went and brought up the ark of God from the house of Obed-edom to the city of David with rejoicing. And when those who bore the ark of the Lord had gone six steps, he sacrificed an ox and a fattened animal. And David danced before the Lord with all his might” (2 Samuel 6:12-14, ESV).

“Praise him with tambourine and dance” (Psalm 150:4, ESV).

Chapter 34: Happiness Comes from Meditating on God's Word

“How sweet Your word is to my taste—sweeter than honey in my mouth” (Psalm 119:103, HCSB).

“As your words came to me I drank them in, and they filled my heart with joy and happiness because I belong to you, O Lord, the God who rules over all” (Jeremiah 15:16, NET).

“My sheep hear my voice, and I know them, and they follow me” (John 10:27, ESV).

“The law of the Lord is perfect, restoring the soul. . . . The precepts of the Lord are right, rejoicing the heart” (Psalm 19:7-8, NASB).

“Every scripture is inspired by God and useful for teaching, for reproof, for correction, and for training in righteousness” (2 Timothy 3:16, NET).

“No prophecy of scripture ever comes about by the prophet's own imagination, for no prophecy was ever borne of human impulse; rather, men carried along by the Holy Spirit spoke from God” (2 Peter 1:20-21, NET).

“Now these were more noble-minded than those in Thessalonica, for they received the word with great eagerness, examining the Scriptures daily to see whether these things were so” (Acts 17:11, NASB).

Psalm 119:47:

“I delight in your commands because I love them” (NIV).

“I deeply love your Law! I think about it all day” (CEV).

“Let the word of Christ dwell in you richly” (Colossians 3:16, ESV).

“More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb” (Psalm 19:10, ESV).

“Blessed is the person who fears the Lord and is happy to obey his commands” (Psalm 112:1, GW).

“. . . God loves a cheerful giver” (2 Corinthians 9:7, ESV).

“His *delight* is in the law of the Lord, and on his law he meditates day and night” (Psalm 1:2, ESV).

“Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation” (1 Peter 2:2, ESV).

“In the way of your testimonies I delight as much as in all riches” (Psalm 119:14, ESV).

“I find my delight in your commandments, which I love” (Psalm 119:47, ESV).

“Oh how I love your law! It is my meditation all the day” (Psalm 119:97, ESV).

“O my soul, march on in strength!” (Judges 5:21, NKJV).

“Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him, the help of my countenance and my God” (Psalm 42:11; 43:5, ESV).

“Bless the Lord, O my soul; and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits” (Psalm 103:1-2, NKJV).

“[God is the one] who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with loving-kindness and tender mercies, who satisfies your mouth with good things, so that your youth is renewed like the eagle’s” (Psalm 103:3-5, NKJV).

“The Lord is merciful and gracious, slow to anger and abounding in steadfast love. . . . He contemplated the wonders of God’s grace: “He does not deal with us according to our sins, nor repay us according to our iniquities. . . . As far as the east is from the west, so far does he remove our transgressions from us. As a father shows compassion to his children, so the Lord shows compassion to those who fear him. He knows our frame; he remembers that we are dust. . . . Bless the Lord, O my soul!” (Psalm 103:8, 10, 12, 13, 14, 22, ESV).

Chapter 35: Happiness in Christ Is Deeper than the Health-and-Wealth Gospel

“If anyone teaches a different doctrine . . . he is puffed up with conceit . . . imagining that godliness is a means of gain. . . . But those who desire to be rich fall into temptation, into a snare, into many senseless and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evils. It is through this craving that some have wandered away from the faith and pierced themselves with many pangs” (1 Timothy 6:3-5, 9-10, ESV).

“We must go through many hardships to enter the kingdom of God” (Acts 14:22, NIV).

“The Lord gave and the Lord has taken away; may the name of the Lord be praised.” We’re told, “In all this, Job did not sin by charging God with wrongdoing” (Job 1:21-22, NIV).

“Shall we accept good from God, and not trouble?” (Job 2:9-10, NIV).

“Any one of you who does not renounce all that he has cannot be my disciple” (Luke 14:33, ESV).

“We know that for those who love God all things work together for good, for those who are called according to his purpose” (Romans 8:28, ESV).

“As for you, you meant [plotted, premeditated] evil against me, but God *meant* [same Hebrew word] it for good, to bring it about that many people should be kept alive, as they are today” (Genesis 50:20, ESV).

“In him we have obtained an inheritance, having been predestined according to the purpose of him who works *all things* according to the counsel of his will” (Ephesians 1:11, ESV).

“Woe to you who are rich, for you have already received your comfort” (Luke 6:24, NIV).

“The Pharisees, who were lovers of money, heard all these things, and they ridiculed him” (Luke 16:14, ESV).

“I will show [Paul] how much he must suffer for my name” (Acts 9:16, NCV).

“Already you have all you want! Already you have become rich! . . . You have become kings! We are weak, but you are strong. You are held in honor, but we in disrepute” (1 Corinthians 8, 10, ESV).

“To keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me. But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me” (2 Corinthians 12:7-9, NIV).

Chapter 36: Happiness through Confession, Repentance, and Forgiveness

“O the happiness of him whose transgression [is] forgiven, Whose sin is covered” (Psalm 32:1, YLT).

“Your sins will find you out” (Numbers 32:23, ESV).

“The heart is deceitful above all things, and desperately sick” (Jeremiah 17:9, ESV).

“He saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit” (Titus 3:5, ESV).

“If your right eye makes you stumble, tear it out and throw it from you; for it is better for you to lose one of the parts of your body, than for your whole body to be thrown into hell” (Matthew 5:29, NASB).

“If our heart does not condemn us, we have confidence before God” (1 John 3:21, ESV).

“Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy” (Proverbs 28:13, ESV).

“Happy are those to whom the Lord imputes no iniquity, and in whose spirit there is no deceit” (Psalm 32:2, NRSV).

“While I kept silence, my body wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer” (Psalm 32:3-4, NRSV).

“Then I acknowledged my sin to you, and I did not hide my iniquity; I said, ‘I will confess my transgressions to the Lord,’ and you forgave the guilt of my sin” (Psalm 32:5, NRSV).

“You are a hiding place for me; you preserve me from trouble; you surround me with glad cries of deliverance” (Psalm 32:7, NRSV).

“Rejoice and be happy in the Lord” (Psalm 32:11, ESV).

2 Corinthians 5:17-18:

“If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation” (ESV).

“If a man is in Christ he becomes a new person altogether—the past is finished and gone, everything has become fresh and new. All this is God’s doing, for he has reconciled us to himself through Jesus Christ” (PHILLIPS).

“Put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you”(Colossians 3:12-13, NASB).

“So also my heavenly Father will do to every one of you, if you do not forgive your brother from your heart” (Matthew 18:35, ESV).

“You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea” (Micah 7:19, NIV).

Chapter 37: We Need Not Choose between Holiness and Happiness

“Happy and holy is the one who shares in the first resurrection!” (Revelation 20:6, PHILLIPS).

“Fire came out from the presence of the Lord and consumed the burnt offering . . . on the altar. And when all the people saw it, they shouted for joy and fell facedown” (Leviticus 9:24, NIV).

“May your holy people be happy because of your goodness” (2 Chronicles 6:41, NCV).

“Come and share your master’s happiness!” (Matthew 25:21, NIV).

“Give up happiness; choose holiness instead” is *not* good news in any sense, and therefore it is *not* the true gospel! It bears more resemblance to the legalistic worldview of the Pharisees Jesus condemned (Matthew 23:2-4, ESV).

“God loves a cheerful giver” (2 Corinthians 9:7, ESV).

“We have the mind of Christ” (1 Corinthians 2:16, ESV).

Chapter 38: Is Seeking Happiness Selfish?

“I will sacrifice with shouts of joy; I will sing and make music to the Lord” (Psalm 27:6, NIV).

“Husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church” (Ephesians 5:28-29, ESV).

“If anyone would come after me, let him deny himself and take up his cross daily and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will save it. For what does it profit a man if he gains the whole world and loses or forfeits himself?” (Luke 9:23-25, ESV).

“Let each of you look not only to his own interests, but also to the interests of others” (Philippians 2:4, ESV).

“If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing” (1 Corinthians 13:3, ESV).

“The kingdom of heaven is like treasure, buried in a field, that a man found and reburied. Then in his joy he goes and sells everything he has and buys that field” (Matthew 13:44, PHILLIPS).

“Sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me” (Matthew 19:21, NIV).

“Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in and steal; for where your treasure is, there your heart will be also” (Matthew 6:19-21, NASB).

“If I have to offer my own blood with your sacrifice, I will be happy and full of joy with all of you. You also should be happy and full of joy with me” (Philippians 2:17-18, NCV).

“Truly, I say to you, there is no one who has left house or brothers or sisters or mother or father or children or lands, for my sake and for the gospel, who will not receive a hundredfold *now in this time*, houses and brothers and sisters and mothers and children and lands, *with persecutions*, and in the age to come *eternal life*” (Mark 10:29-30, ESV).

Chapter 39: Happiness through Self-Forgetfulness and Christ-Centeredness

“Whoever finds his life will lose it, and whoever loses his life for my sake will find it” Jesus (Matthew 10:39, ESV).

“Delight *yourself* in the Lord” (Psalms 37:4, ESV).

“Taste and see that the Lord is good. How happy is the man who takes refuge in Him!” (Psalm 34:8, HCSB).

“His glorious power will make you patient and strong enough to endure anything, and you will be truly happy” (Colossians 1:11, CEV).

“Consider it all joy, my brethren, when you encounter various trials” (James 1:2, NASB).

Chapter 40: Happiness Through Gratitude

“Let them sacrifice thank offerings and tell of his works with songs of joy” (Psalm 107:22, NIV).

“We have all received grace after grace from His fullness” (John 1:16, HCSB).

“The one who offers thanksgiving as his sacrifice glorifies me” (Psalm 50:23, ESV).

“The LORD is close to the brokenhearted and saves those who are crushed in spirit” (Psalm 34:18, NIV).

“In humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others” (Philippians 2:3-4, ESV).

“Give thanks in all circumstances; for this is the will of God in Christ Jesus for you” (1 Thessalonians 5:18, ESV).

“Lord my God, I will give thanks to you forever!” (Psalm 30:12, ESV).

“I will thank you in the great congregation; in the mighty throng I will praise you” (Psalm 35:18, ESV).

“Do all things without grumbling or disputing. . . . I am glad and rejoice with you all. Likewise you also should be glad and rejoice with me” (Philippians 2:14, 17-18, ESV).

“He is actually not far from each one of us, for in him we live and move and have our being” (Acts 17:27-28, ESV).

“Rise and go your way; your faith has made you well” (Luke 17:19, ESV).

“Do not be anxious about anything, but in everything *by prayer* and supplication *with thanksgiving* let your requests be made known to God. And the *peace* of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus” (Philippians 4:6-7, ESV).

“Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand” (Proverbs 19:21, ESV).

“Who has ever given to God, that God should repay them?” (Romans 11:35, NIV).

“Surely the righteous shall give thanks to your name” (Psalm 140:13, ESV).

Chapter 41: Happiness and Hope: Adjusting Our Expectations

“Blessed are you when people hate you, when they exclude you and insult you and reject your name as evil, because of the Son of Man. Rejoice in that day and leap for joy, because great is your reward in heaven” Jesus (Luke 6:22-23, NIV).

“The hopes of the godly result in happiness, but the expectations of the wicked come to nothing”

(Proverbs 10:28, NLT).

“The desire of the righteous ends only in good; the expectation of the wicked in wrath” (Proverbs 11:23, ESV).

“I rejoiced in the Lord greatly that now at length you have revived your concern for me. . . . Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me” (Philippians 4:10-13, ESV).

“Who of you by worrying can add a single hour to your life?” (Luke 12:25, NIV).

“Our God is in the heavens; he does all that he pleases” (Psalm 115:3, ESV).

“The heart of man plans his way, but the Lord establishes his steps” (Proverbs 16:9, ESV).

“Come now, you who say, ‘Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit’—yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes. Instead you ought to say, ‘If the Lord wills, we will live and do this or that.’ As it is, you boast in your arrogance. All such boasting is evil” (James 4:13-16, ESV).

“When you do all the things which are commanded you, say, ‘We are unworthy slaves; we have done only that which we ought to have done’” (Luke 17:10, NASB).

“You will surely die” (Genesis 2:17, NASB).

“I am the resurrection and the life” (John 11:25, ESV).

“[Paul prays that the recipients of his letter] may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God” (Ephesians 3:18-19, ESV).

“To him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever” (Ephesians 3:20-21, ESV).

“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:9, ESV).

“My sheep hear my voice, and I know them, and they follow me. I give them eternal life, and they will never perish, and no one will snatch them out of my hand” (John 10:27-28, ESV).

“The Lord your God is with you wherever you go” (Joshua 1:9, ESV).

“I am with you always” (Matthew 28:20, ESV).

“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand” (Isaiah 41:10, ESV).

“God’s Spirit dwells in you” (1 Corinthians 3:16, ESV).

“The Spirit helps us in our weakness. . . . The Spirit himself intercedes for us with groanings too deep for words” (Romans 8:26, ESV).

“God has said, ‘Never will I leave you; never will I forsake you’” (Hebrews 13:5, NIV).

“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work” (2 Timothy 3:16-17, NLT)

“[God’s] divine power has granted to us all things that pertain to life and godliness” (2 Peter 1:3, ESV).

“[God has] blessed us in Christ with every spiritual blessing in the heavenly places” (Ephesians 1:3, ESV).

“Yours, O Lord, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is yours. Yours is the kingdom, O Lord, and you are exalted as head above all. Both riches and honor come from you, and you rule over all. In your hand are power and might, and in your hand it is to make great and to give strength to all” (1 Chronicles 29:11-12, ESV).

“You have endowed him with eternal blessings and given him the joy of your presence” (Psalm 21:6, NLT).

“Everyone who calls upon the name of the Lord shall be saved” (Acts 2:21, ESV).

“My God will supply every need of yours according to his riches in glory in Christ Jesus” (Philippians 4:19, ESV).

“If the world hates you, keep in mind that it hated me first” (John 15:18, NIV).

[God’s Word is] “living and active, sharper than any two-edged sword” (Hebrews 4:12, ESV).

“Because I preach this Good News, I am suffering and have been chained like a criminal. But the word of God cannot be chained” (2 Timothy 2:9, NLT).

“Stay awake, for you do not know on what day your Lord is coming. . . . Be ready, for the Son of Man is coming at an hour you do not expect” (Matthew 24:42, 44, ESV).

“We brought nothing into the world, and we cannot take anything out of the world. But if we have food and clothing, with these we will be content” (1 Timothy 6:7-8, ESV).

“If you lend to those from whom you expect to receive, what credit is that to you? . . . But love your

enemies, and do good, and lend, expecting nothing in return, and your reward will be great” (Luke 6:34-35, ESV).

“I have told you this, so that you might have peace in your hearts because of me. While you are in the world, you will have to suffer. But cheer up! I have defeated the world” (John 16:33, CEV).

“I know the plans I have in mind for you, declares the Lord; they are plans for peace, not disaster, to give you a future filled with hope” (Jeremiah 29:11, CEB).

Chapter 42: Finding Happiness Now in God’s Promises of Eternal Happiness

“Multitudes who sleep in the dust of the earth will awake: some to everlasting life, others to shame and everlasting contempt. Those who are wise will shine like the brightness of the heavens, and those who lead many to righteousness, like the stars for ever and ever” (Daniel 12:2-3, NIV).

“The faith and love that spring from the hope stored up for you in heaven . . . which you have already heard in the true message of the gospel” (Colossians 1:5, NIV).

“I have come down from heaven” (John 6:38, ESV).

“There are many rooms in my Father’s house. I wouldn’t tell you this, unless it was true. I am going there to prepare a place for each of you” (John 14:2, CEV).

“He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end” (Ecclesiastes 3:11, NIV).

“Be happy and rejoice forevermore over what I am about to create! For look, I am ready to create Jerusalem to be a source of joy, and her people to be a source of happiness. Jerusalem will bring me joy, and my people will bring me happiness. The sound of weeping or cries of sorrow will never be heard in her again” (Isaiah 65:18-19, NET).

“Indeed, the Lord will comfort Zion; He will comfort all her waste places. And her wilderness He will make like Eden, and her desert like the garden of the Lord; joy and gladness will be found in her, thanksgiving and sound of a melody” (Isaiah 51:3, NASB).

“The ransomed of the Lord shall return and come to Zion with singing; everlasting joy shall be upon their heads; they shall obtain gladness and joy, and sorrow and sighing shall flee away” (Isaiah 35:10, ESV).

“In keeping with his promise we are looking forward to a new heaven and a new earth, where righteousness dwells” (2 Peter 3:13, NIV).

“He who was seated on the throne said, ‘I am making everything new!’ Then he said, ‘Write this down, for these words are trustworthy and true’” (Revelation 21:5, NIV).

“Your dead will live, Lord; their bodies will rise—let those who dwell in the dust wake up and shout for joy. . . . The earth will give birth to her dead” (Isaiah 26:19, NIV).

“Many of those whose bodies lie dead and buried will rise up, some to everlasting life and some to shame and everlasting disgrace” (Daniel 12:2, NLT).

“We will be changed. For the perishable must clothe itself with the imperishable, and the mortal with immortality” (1 Corinthians 15:52-53, NIV).

“The Lord Jesus Christ . . . will transform our lowly bodies so that they will be like his glorious body” (Philippians 3:20-21, NIV).

“See my hands and my feet, that it is I myself. Touch me, and see. For a spirit does not have flesh and bones as you see that I have” (Luke 24:39, ESV).

“How happy are you who weep now, for you are going to laugh!” (Luke 6:21, PHILLIPS).

“All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance, admitting that they were foreigners and strangers on earth. People who say such things show that they are looking for a country of their own. . . . They were longing for a better country—a heavenly one. Therefore God is not ashamed to be called their God, for he has prepared a city for them” (Hebrews 11:13-14, 16, NIV).

Chapter 43: Future Happiness on the New Earth

“Certainly the Lord will console Zion; he will console all her ruins. He will make her wilderness like Eden, her desert like the Garden of the Lord. Happiness and joy will be restored to her, thanksgiving and the sound of music” (Isaiah 51:3, NET).

“No longer will there be any curse. The throne of God and of the Lamb will be in the city, and his servants will serve him. *They will see his face*” (Revelation 22:3-4, NIV).

“Without holiness no one will see the Lord” (Hebrews 12:14, NIV).

“I saw a new heaven and a new earth. . . . I saw the holy city, new Jerusalem, coming down out of heaven from God. . . . And I heard a loud voice from the throne saying, “Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away” (Revelation 21:1-4, ESV).

“At the renewal of all things, when the Son of Man sits on his glorious throne, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel” (Matthew 19:28, NIV).

“Heaven must receive him until the time comes for God to restore everything, as he promised long ago through his holy prophets” (Acts 3:21, NIV).

“The Lord rises upon you and his glory appears over you. Nations will come to your light, and kings

to the brightness of your dawn” (Isaiah 60:2-3, NIV).

“Then you will look and be radiant, your heart will throb and swell with joy; the wealth on the seas will be brought to you, to you the riches of the nations will come. Herds of camels will cover your land, young camels of Midian and Ephah. All from Sheba will come, bearing gold and incense and proclaiming the praise of the Lord. . . . the ships of Tarshish, bringing your children from afar, with their silver and gold, to the honor of the Lord your God, the Holy One of Israel, for he has endowed you with splendor” (Isaiah 60:5-6, 9, NIV).

“Your gates will always stand open, they will never be shut, day or night, so that people may bring you the wealth of the nations—their kings led in triumphal procession” (Isaiah 60:11, NIV).

“I will make peace your governor and well-being your ruler. No longer will violence be heard in your land, nor ruin or destruction within your borders, but you will call your walls Salvation and your gates Praise” (Isaiah 60:17-18, NIV).

“The sun will no more be your light by day, nor will the brightness of the moon shine on you, for the Lord will be your everlasting light, and your God will be your glory. Your sun will never set again, and your moon will wane no more; the Lord will be your everlasting light, and your days of sorrow will end. Then all your people will be righteous. They will possess the land [*erets*, Earth] forever” (Isaiah 60:19-21, NIV).

“Nothing impure will ever enter it, nor will anyone who does what is shameful or deceitful, but only those whose names are written in the Lamb’s book of life” (Revelation 21:27, NIV).

“And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus” (Ephesians 2:6-7, NIV).

“Learn from me” (Matthew 11:29, ESV).

In Christ “are hidden all the treasures of wisdom and knowledge” (Colossians 2:3, ESV).

“O death, where is your victory? O death, where is your sting?” (1 Corinthians 15:55, ESV).

“If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come” (2 Corinthians 5:17, ESV).

“What we suffer now is nothing compared to the glory he will reveal to us later” (Romans 8:18, NLT).

“In my flesh I will see God; I myself will see him with my own eyes—I, and not another” (Job 19:26-27, NIV).

“*We* will be with the Lord forever” (1 Thessalonians 4:17, NIV).

“It is I myself,” he emphasized that he was the same person in spirit *and* body (Luke 24:39, ESV).

“We know that the whole creation has been groaning as in the pains of childbirth right up to the present time” (Romans 8:22, NIV).

“All flesh will see the salvation of God” (Luke 3:6, NASB).

“How many are your works, Lord! In wisdom you made them all; the earth is full of your creatures. There is the sea, vast and spacious, teeming with creatures beyond number—living things both large and small. There the ships go to and fro, and Leviathan [a sea creature], which you formed to frolic there. All creatures look to you to give them their food at the proper time. When you give it to them, they gather it up; when you open your hand, they are satisfied with good things. When you hide your face, they are terrified; when you take away their breath, they die and return to the dust. When you send your Spirit, they are created, and you renew the face of the ground” (Psalm 104:24-30, NIV).

“The creation waits in eager expectation for the children of God to be revealed. . . . The creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God” (Romans 8:19, 21, NIV).

Chapter 44: Drink Deeply from God’s Gift of Happiness

“Happy [are] those who do not follow the counsel of the wicked. . . . Rather, the law of the Lord is their joy” (Psalm 1:1-2, NAB).

“I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life” (John 8:12, ESV).

“If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, ‘Out of his heart will flow rivers of living water’” (John 7:37-38, ESV).

“I am the door” (John 10:9, ESV).

“I am the way, and the truth, and the life. No one comes to the Father except through me” (John 14:6, ESV).

“You didn’t serve the Lord your God with a joyful and happy heart when you had so much” (Deuteronomy 28:47, GWT).

“Because you did not serve the Lord your God with joyfulness and gladness of heart, because of the abundance of all things, therefore you shall serve your enemies whom the Lord will send against you, in hunger and thirst, in nakedness, and lacking everything. And he will put a yoke of iron on your neck until he has destroyed you” (Deuteronomy 28:47-48, ESV).

Chapter 45: God Promises We’ll Live “Happily Ever After”

“Heavens and earth, be happy. Mountains, shout with joy, because the LORD comforts his people and will have pity on those who suffer” (Isaiah 49:13, NCV).

“We wait for the happy fulfillment of our hope in the glorious appearing of our great God and Savior, Jesus Christ” (Titus 2:13, NET).

“These things we write to you, that your joy may be full” (1 John 1:4, ESV).

“Ask . . . that your joy may be made full” (John 16:24, ESV).

“What pagans sacrifice they offer to demons and not to God” (1 Corinthians 10:20, ESV).

“The devil . . . is filled with fury, because he knows that his time is short” (Revelation 12:12, NIV).

“Let us confidently approach the throne of grace to receive mercy and find grace whenever we need help” (Hebrews 4:16, NET).

“The people of Israel will come to the high points of Jerusalem and shout for joy. Their faces will shine with happiness about all the good things from the Lord: the grain, new wine, oil, young sheep, and young cows. They will be like a garden that has plenty of water, and they will not be troubled anymore. Then young women of Israel will be happy and dance, the young men and old men also. I will change their sadness into happiness; I will give them comfort and joy instead of sadness” (Jeremiah 31:12-13, NCV).

“That the generation to come might know, even the children yet to be born, that they may arise and tell them to their children, that they should put their confidence in God” (Psalm 78:6-7, NASB).

APPENDIX 1: Nineteen More Happiness Words in the Old Testament

“My people will be happy forever because of the things I will make” (Isaiah 65:18, NCV).

Proverbs 15:15:

“All the days of the afflicted are bad, but a *cheerful* heart has a continual feast” (NASB).

“All the days of the afflicted are evil, but the *cheerful* of heart has a continual feast” (ESV).

“All the days of the afflicted are evil, but a *cheerful* heart has a continual feast” (RSV).

“All the days of the oppressed are miserable, but a *cheerful* heart has a continual feast” (HCSB).

“All the days of the afflicted are evil: but he that is of a *merry* heart hath a continual feast” (KJV).

“All the days of the afflicted [are] evil, And *gladness* of heart [is] a perpetual banquet” (YLT)

“Every day is hard for those who suffer, but a *happy* heart is like a continual feast” (NCV)

“How lovely on the mountains are the feet of him who brings good news, who announces peace and brings good news of *happiness*, who announces salvation, and says to Zion, ‘Your God reigns!’” (Isaiah 52:7, NASB).

“The priest’s heart was *glad*. He took the ephod and the household gods and the carved image and went along with the people. (Judges 18:20, ESV).

A glad heart makes a *cheerful* face, but by sorrow of heart the spirit is crushed. (Proverbs 15:13, ESV).

Numbers 10:10:

“Also in the day of your *gladness* and in your appointed feasts, and on the first days of your months, you shall blow the trumpets over your burnt offerings. . . . I am the Lord your God” (NASB).

“Also blow your trumpets at *happy* times and during your feasts and at New Moon festivals. Blow them over your burnt offerings and fellowship offerings . . . I am the Lord your God” (NCV).

“All the people went up after him, playing on pipes, and rejoicing [*samach*] with great *joy*, so that the earth was split by their noise” (1 Kings 1:40, ESV).

“For seven days they celebrated the Feast of Unleavened Bread in a very *joyful* way. The Lord had made them happy [*samach*], and had turned the heart of the king of Assyria toward them to encourage them in the work of the house of God, the God of Israel” (Ezra 6:22, NCV).

“Do not grieve, for the joy [*chedvah*] of the Lord is your strength” (Nehemiah 8:10, NIV).

Psalm 16:11:

“You will make known to me the path of life; in Your presence is *fullness of joy*; in Your right hand there are pleasures [*naim*] forever” (NASB).

“You have shown me the path to life, and you make me *glad* by being near to me. Sitting at your right side, I will always be joyful” (CEV).

Psalm 30:11:

“You have turned for me my mourning into dancing; you have loosed my sackcloth and girded me with *gladness*” (NASB).

“You changed my sorrow into dancing. You took away my clothes of sadness, and clothed me in *happiness*” (NCV).

Psalm 100:2:

“Serve the Lord with *gladness*! Come into his presence with singing! (ESV).

“Serve the Lord *cheerfully*. Come into his presence with a joyful song” (GW).

Proverbs 10:28:

“The hope of the righteous brings *joy*, but the expectation of the wicked will perish” (ESV).

“The hopes of the godly result in *happiness*, but the expectations of the wicked come to nothing” (NLT).

Isaiah 9:3:

“You have multiplied the nation; you have increased its *joy*; they rejoice [*samach*] before you as with *joy* at the harvest, as they are glad [*gil*] when they divide the spoil” (ESV).

“God, you have caused the nation to grow and made the people *happy*. And they have shown their happiness to you, like the *joy* during harvest time, like the joy of people taking what they have won in war” (NCV).

“The steps of a man are established by the Lord, when he *delights* in his way” (Psalm 37:23, ESV).

“To do Thy pleasure, my God, I have *delighted*” (Psalm 40:8, YLT).

“Our God is in the heavens; he does all that he *pleases*” (Psalm 115:3, ESV).

“Keep me obedient to your commandments, because in them I find *happiness*” (Psalm 119:35, GNT).

“Let him who boasts boast in this, that he understands and knows me, that I am the Lord who practices steadfast love, justice, and righteousness in the earth. For in these things I *delight*,” declares the Lord” (Jeremiah 9:24, ESV).

“Satisfy us in the morning with your loyal love! Then we will *shout for joy* and be happy [*samach*] all our days!” (Psalm 90:14, NET).

“Good people, rejoice [*samach*] and be happy [*gil*] in the Lord. *Sing* all you whose hearts are right” (Psalm 32:11, NCV).

“Her priests also I will clothe with salvation, and her godly ones will *sing aloud for joy*” (Psalm 132:16, NASB).

Isaiah 49:13:

“*Shout for joy*, O heavens! And *rejoice*, O earth! Break forth into joyful shouting [*rinnab*], O mountains! For the Lord has comforted His people and will have compassion on His afflicted” (NASB).

“Heavens and earth, *be happy*. Mountains, shout with joy, because the Lord comforts his people and will have pity on those who suffer” (NCV).

Isaiah 26:19:

“Your dead shall live; their bodies shall rise. You who dwell in the dust, awake and *sing for joy*! For your dew is a dew of light, and the earth will give birth to the dead” (ESV).

“Your people have died, but they will live again; their bodies will rise from death. You who lie in the ground, wake up and be *happy!*” (NCV).

Psalms 63:5:

“You satisfy me more than the richest feast. I will praise you with *songs of joy*” (NLT).

“My mouth shall *praise* with lips of *full out joying*” (WYC).

“Worship the Lord with joy; come before him with *happy songs!*” (GNT).

“His anger is but for a moment, His favor is for a lifetime; weeping may last for the night, but a *shout of joy* comes in the morning” (Psalm 30:5, NASB).

Psalms 126:5:

“Those who sow in tears shall reap with *joyful shouting*” (NASB).

“Those who sow in tears shall reap with *shouts of joy!*” (ESV).

“You will go out with joy and be led forth with peace; the mountains and the hills will break forth into *shouts of joy* before you, and all the trees of the field will clap their hands” (Isaiah 55:12, NASB).

“The king celebrates [*samach*] your strength, Lord; look how *happy* he is about your saving help!” (Psalm 21:1, CEB).

Psalms 118:24:

“This is the day the Lord has brought about. We will be *happy* and rejoice [*samach*] in it” (NET).

“This is the day of the LORD’s victory; let us be *happy*, let us celebrate!” (GNT).

Habakkuk 3:17-18:

“Though the fig tree should not blossom, nor fruit be on the vines, the produce of the olive fail and the fields yield no food, the flock be cut off from the fold and there be no herd in the stalls, yet I will rejoice [*alaz*] in the Lord; I will take *joy* in the God of my salvation” (ESV).

“When the fig tree does not bud, and there are no grapes on the vines; when the olive trees do not produce, and the fields yield no crops; when the sheep disappear from the pen, and there are no cattle in the stalls, I will rejoice because of the Lord; I will be *happy* because of the God who delivers me!” (NET).

Psalms 100:1:

“Make a *joyful noise* to the Lord, all the earth!” (ESV).

“*Shout for joy* to the Lord, all the earth” (NIV).

“The morning stars sang together and all the sons of God *shouted for joy*” (Job 38:7, ESV).

2 Samuel 6:21:

“David said to [his wife] Michal . . . ‘I will *celebrate* before the Lord’” (2 Samuel 6:21, ESV).

“. . . I *played* before Jehovah. (YLT).

“. . . I will go on *dancing* to honor the Lord. (GNT).

Job 29:24:

“I *smiled* on them when they had no confidence, and the light of my face they did not cast down” (ESV).

“I *smiled* on them when they had lost confidence; my cheerful face encouraged them” (GNT).

“I was having fun [*sashua*], *smiling* before him all the time, *frollicking with* his inhabited earth and delighting [*sashua*] in the human race” (Proverbs 8:30-31, CEB).

Jeremiah 31:4:

“Again you shall adorn yourself with tambourines and shall go forth in the *dance of the merry-makers*” (ESV).

“You will again be happy and *dance merrily* with your tambourines” (NLT).

“And hast gone out in the chorus of the *playful*” (YLT).

1 Samuel 4:5:

“As the ark of the covenant of the Lord came into the camp, all Israel shouted with a great *shout*, so that the earth resounded” (NASB).

“. . . The army *cheered so loudly* that the ground shook” (CEV).

“. . . The Israelites gave such a *loud shout of joy*” (GNT).

“Sing to Him a new song; play skillfully with a *shout of joy*” (Psalm 33:3, NASB).

“He will yet fill your mouth with laughter, and your lips with *shouting*” (Job 8:21, ESV).

“May the righteous be glad [*samach*] and rejoice [*alats*] before God; may they be *happy* and joyful [*simchah*]” (Psalm 68:3, NIV).

Psalm 119:162:

“I *rejoice* at your word like one who finds great spoil” (ESV).

“How *happy* I am because of your promises—as happy as someone who finds rich treasure” (GNT).

Isaiah 61:10:

“I will greatly *rejoice* in the Lord; my soul shall exult [*gil*] in my God, for he has clothed me with the garments of salvation; he has covered me with the robe of righteousness, as a bridegroom decks himself like a priest with a beautiful headdress, and as a bride adorns herself with her jewels” (ESV).

“I *delight* greatly in the Lord; my soul rejoices in my God . . .” (NIV).

“The Lord makes me *very happy*; all that I am rejoices in my God . . .” (NCV).

Isaiah 65:18:

“Be *glad* and rejoice [*gil*] forever in that which I create; for behold, I create Jerusalem to be a joy [*gila*], and her people to be a gladness [*masos*]” (ESV).

“My people will be *happy* forever because of the things I will make . . .” (NCV).

Isaiah 60:5:

“Then you will see and be radiant, and your heart will thrill and *rejoice*, because the abundance of the sea will be turned to you, the wealth of the nations will come to you” (NASB).

“You will shine with happiness; you will be excited and *full of joy* . . .” (NCV).

“Your heart will throb and *swell with delight* . . .” (CJB).

Esther 8:16:

“The Jews had light and gladness [*simchab*] and *joy* and honor” (RSV, ESV).

“There was radiant happiness and *joyous honor*” (NET).

Psalm 51:12:

“Restore to me the *joy* of Your salvation and sustain me with a willing spirit” (NASB).

“Make me as *happy* as you did when you saved me; make me want to obey!” (CEV).

“You have let go of the love you had at first. So remember the high point from which you have fallen” (Revelation 2:4-5, CEB).

Isaiah 51:11:

“The ransomed of the Lord will return and come with joyful shouting [*rinnab*] to Zion, and everlasting joy [*simchab*] will be on their heads. They will obtain *gladness* and joy [*simchab*], and sorrow and sighing will flee away” (NASB).

“The people the Lord has freed will return and enter Jerusalem with joy. Their happiness will last forever. They will have *joy* and gladness, and all sadness and sorrow will be gone far away” (NCV).

“Let [them] . . . come to Zion with singing and with everlasting joy upon their heads. Let *happiness* and joy overwhelm them; let grief and groaning flee” (CEB).

“They will enter Zion with a happy shout. Unending joy will crown them, *happiness* and joy will overwhelm them; grief and suffering will disappear” (NET).

As your words came to me I drank them in, and they filled my heart with *joy* and happiness [*simchab*] because I belong to you, O Lord, the God who rules over all” (Jeremiah 15:16, NET).

Psalm 48:2:

“Beautiful in its loftiness, the *joy* of the whole earth . . . is Mount Zion, the city of the Great King” (NIV).

“It is lofty and pleasing to look at, a source of *joy* to the whole earth. Mount Zion resembles the peaks of Zaphon;
it is the city of the great king” (NET).

“Jerusalem, rejoice [*samach*]. All you people who love Jerusalem, be happy [*gîl*]. Those of you who felt sad for Jerusalem should now feel *happy* with her” (Isaiah 66:10, NCV).

Lamentations 5:15:

“The *joy* of our hearts has ceased; our dancing has been turned to mourning” (ESV).

“*Happiness* has gone out of our lives; grief has taken the place of our dances” (GNT).

Psalm 28:7:

“The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart *exults*, and with my song I give thanks to him” (ESV).

“The Lord is my strength and my shield; my heart trusts in him, and he helps me My heart *leaps for joy* and with my song I praise him” (NIV).

“The Lord is my strength and shield. I trust him, and he helps me. I am *very happy*, and I praise him with my song” (NCV).

Psalm 96:12:

“Let the field be *joyful*, and all that is therein: then shall all the trees of the wood rejoice” (KJV).

“Let the fields be *jubilant*, and everything in them; let all the trees of the forest sing for joy” (NIV).

“Let the countryside and everything in it *celebrate!* Then all the trees of the forest too will shout out joyfully” (CEB).

Proverbs 23:16:

“My inmost being will *rejoice* when your lips speak what is right” (NASB).

“My innermost being will *cheer* when your lips say what is right” (HCSB).

“Everything in me will *celebrate* when you speak what is right” (NLT).

Psalm 119:92:

“If your law had not been my *delight*, I would have perished in my affliction” (ESV, NIV).

“If your law had not been the source of my *joy*, I would have died from my sufferings” (GNT).

Psalm 119:143:

“Trouble and anguish have found me out, but your commandments are my *delight*” (ESV).

“As pressure and stress bear down on me, I find *joy* in your commands” (NLT).

“Trouble and hardship have found me, but your commandments still make me *happy*” (GW).

“Hannah prayed, and said, My heart *rejoiceth* in the Lord, mine horn is exalted in the Lord . . . because I *rejoice* in thy salvation” (1 Samuel 2:1, KJV).

“Protect those who love you; because of you they are *truly happy*” (Psalm 5:11, GNT).

Proverbs 11:10:

“When it goes well with the righteous, the city *rejoices*, and when the wicked perish there are shouts of gladness [*rinnab]*” (ESV).

“When good people succeed, the city is *happy*. When evil people die, there are shouts of joy” (NCV).

“I will be glad and *rejoice* in thee: I will sing praise to thy name, O thou most High” (Psalm 9:2, KJV).

Isaiah 24:8:

“The mirth [*masos*] of the tambourines is stilled, the noise [*sasson*] of the *jubilant* has ceased, the mirth [*masos*] of the lyre is stilled” (ESV).

“The joyful timbrels are stilled, the noise of the *revelers* has stopped, the joyful harp is silent” (NIV).

“The cheerful sound of tambourines is stilled; the *happy* cries of celebration are heard no more. The melodious chords of the harp are silent” (NLT).

“Come, let us take our fill of love till morning; let us *delight* ourselves with love . . . The God-given pleasure of sex becomes an instrument of destruction: “All at once he follows her, as an ox goes to the slaughter. . . . He does not know that it will cost him his life” (Proverbs 7:18, 22-23, ESV).

“You grant him blessings forever; you make him *happy* with the *joy* of your presence” (Psalm 21:6, CEB).

Exodus 18:9:

“Jethro *rejoiced* for all the good that the Lord had done to Israel, in that he had delivered them out of the hands of the Egyptians” (ESV).

“Jethro was *delighted* to hear about all the good things the Lord had done for Israel in rescuing them from the hand of the Egyptians” (NIV).

“When he heard about all the good things the Lord had done for Israel as he rescued them from the hand of the Egyptians” (NLT).

“Jethro was very *happy* to hear all the good things the Lord had done for Israel when he had saved them from the Egyptians” (NCV).

“Jethro was *glad* about all the good things that the Lord had done for Israel in saving them from the Egyptians’ power” (CEB).

APPENDIX 2: Fourteen More Happiness Words in the New Testament

“These things have I spoken unto you, that in me ye may have peace. In the world ye have tribulation: but be of good cheer; I have overcome the world” Jesus (John 16:33, ASV).

“Through him we have also obtained access by faith into this grace in which we stand, and we *rejoice* in hope of the glory of God” (Romans 5:2, ESV).

“More than that, we also *rejoice* in God through our Lord Jesus Christ” (Romans 5:11, ESV).

1 Corinthians 1:31:

“Let the one who *boasts*, *boast* in the Lord” (ESV).

“He that *rejoiceth*, let him *rejoice* in the Lord” (The Geneva Bible, 1599).

“Behold, a voice out of the heavens said, “This is My beloved Son, in whom I am *well-pleased*” (Matthew 3:17, NASB).

Luke 12:32:

“Do not be afraid, little flock, for your Father has chosen *gladly* to give you the kingdom” (NASB).

“It is your Father’s *good pleasure* to give you the kingdom” (ESV).

“It gives your Father *great happiness* to give you the Kingdom” (NLT).

Luke 10:21:

“In that same hour he *rejoiced* in the Holy Spirit” (ESV).

“The Holy Spirit made Jesus feel *very happy*” (ERV).

John 8:56:

“Your father Abraham *rejoiced* that he would see my day. He saw it and was glad [*chairō*]” (ESV).

“Your father Abraham was very happy. . . . He saw that day and was glad” (NCV)

Acts 2:46:

“Day by day, attending the temple together and breaking bread in their homes, they received their food with *glad* and generous hearts” (ESV).

“Day after day they met together in the temple. They broke bread together in different homes and shared their food *happily* and freely” (CEV).

Hebrews 1:8-9:

“Of the Son he says, “Your throne . . . your God, has anointed you with the oil of gladness beyond your companions” (ESV).

“You are God, and you will rule as King forever! Your royal power brings about justice. You loved justice and hated evil, and so I, your God, have chosen you. I appointed you and made you *happier* than any of your friends” (CEV).

John 5:35:

“He [John the Baptist] was a burning and shining lamp, and you were willing to *rejoice* for a while in his light” (ESV).

“John was like a burning and shining lamp, and you were *happy* to enjoy his light for a while” (NCV).

“‘Sirs, what must I do to be saved?’ They responded, ‘Believe in the Lord Jesus, and you will be saved, you and your household.’ The jailer’s family turned to Christ and washed Paul’s and Silas’s wounds, and then they were baptized. He brought them up into his house and set food before them. And he *rejoiced* along with his entire household that he had believed in God” (Acts 16:30-34, ESV).

“He and his family were *very happy* because they now believed in God” (NCV).

1 Peter 1:6:

“In this you *rejoice*, though now for a little while, if necessary, you have been grieved by various trials” (ESV).

“This makes you *very happy*, even though now for a short time different kinds of troubles may make you sad” (NCV).

1 Peter 1:8:

“Though you have not seen him, you love him. Though you do not now see him, you believe in him and *rejoice* with joy [*chara*] that is inexpressible and filled with glory” (ESV).

“You love him even though you have never seen him. Though you do not see him now, you trust him; and you *rejoice* with a glorious, inexpressible joy” (NLT).

Matthew 5:12:

“Rejoice [*chara*] and be *glad*, for your reward is great in heaven, for so they persecuted the prophets who were before you” (ESV).

“Be glad and *rejoice*, because your reward is great in heaven. For that is how they persecuted the prophets who were before you” (HCSB).

“Be happy and *excited!* You will have a great reward in heaven. People did these same things to the prophets who lived long ago” (CEV).

1 Peter 4:13:

“Rejoice [*chairō*] insofar as you share Christ’s sufferings, that you may also rejoice [*chairō*] and be *glad* when his glory is revealed” (ESV).

“Be glad for the chance to suffer as Christ suffered. It will prepare you for even *greater happiness* when he makes his glorious return” (CEV).

Revelation 19:7:

“Let us rejoice [*chairō*] and *exult* [*agalliao*] and give him the glory, for the marriage of the Lamb has come, and his Bride has made herself ready” (ESV).

“Let us be glad and *rejoice*, and let us give honor to him. For the time has come for the wedding feast of the Lamb, and his bride has prepared herself” (NLT).

“Let us rejoice and *celebrate*, and give him the glory, for the wedding day of the Lamb has come, and his bride has made herself ready” (CEB).

“We will be glad and *happy* and give him praise. The wedding day of the Lamb is here, and his bride is ready” (CEV).

“Let us rejoice, let us be *glad with all our hearts*. Let us give him the glory, for the wedding-day of the Lamb has come, and his bride has made herself ready” (PHILLIPS).

“Joy we, and *make we mirth* [Enjoy we, and glad we], and give glory to him; for the weddings of the lamb came, and the wife of him made ready herself” (WYC).

Jude 1:24-25:

“To him who is able to keep you from stumbling and to present you blameless before the presence of his glory with *great joy*, to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen” (ESV).

“God can keep you from doing anything wrong. He can bring you to the place where he is great and you will be all good. You will be *very happy*. He is the only God. And he is our Saviour through our Lord Jesus Christ. He is great! He is wonderful! He has power! He has the right to rule! He was like that before time began! He is like that now! And he will be like that for ever. Yes, he will!” (WE).

“Now to him who is able to keep you from falling and to present you before his glory without fault and with unspeakable *joy*, to the only God, our saviour, be glory and majesty, power and authority, through Jesus Christ our Lord, before time was, now, and in all ages to come, amen” (PHILLIPS).

“But to him that is mighty to keep you without sin, and to ordain before the sight of his glory you unwemmed in full out *joy*, in the coming of our Lord Jesus Christ, to God alone our Saviour, by Jesus Christ our Lord, be glory, and magnifying, empire, and power, before all worlds, and now, and

into all worlds of worlds. Amen” (WYC).

“Be *happy* because of this, heaven! Be *happy*, God’s holy people and apostles and prophets! God has punished her because of what she did to you” (Revelation 18:20, NCV).

Acts 14:17:

“He did not leave Himself without witness, in that He did good and gave you rains from heaven and fruitful seasons, satisfying your hearts with food and *gladness*” (NASB).

“Although He did not leave Himself without a witness, since He did what is good by giving you rain from heaven and fruitful seasons and satisfying your hearts with food and *happiness*” (HCSB).

Acts 2:26:

“My *heart was glad*, and my tongue *rejoiced*; my flesh also will dwell in hope” (ESV).

“That made my *heart very happy*. It made my tongue *sing for joy*” (WE).

Acts 2:28:

“You have made known to me the paths of life; you will make me *full of gladness* with your presence” (ESV).

“You have shown me the paths of life; your presence will *fill me with happiness*” (CEB).

Luke 12:19:

“Soul, you have ample goods laid up for many years; relax, eat, drink, *be merry*” (ESV).

“You have plenty of goods stored up for many years; relax, eat, drink, *celebrate!*” (NET).

“You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself?” (Luke 12:20, NIV).

“Bring the fattened calf and kill it, and let us eat and *celebrate*. For this my son was dead, and is alive again; he was lost, and is found.” And they began to *celebrate*. . . . “It was fitting to *celebrate* and *be glad*, for this your brother was dead, and is alive; he was lost, and is found” (Luke 15:23-24, 32, ESV).

“I tell you, there is *joy* before the angels of God over one sinner who repents” (Luke 15:10, ESV).

“I never disobeyed your command, yet you never gave me a young goat, that I might *celebrate* with my friends” (Luke 15:29, ESV).

Hebrews 11:13:

“They did not get the things that God promised his people, but they saw them coming far in the future and were *glad*” (NCV).

“Every one of those people died. But they still had faith, even though they had not received what they had been promised. They were *glad* just to see these things from far away” (CEV).

Matthew 9:2:

“Behold, some people brought to him a paralytic, lying on a bed. And when Jesus saw their faith, he said to the paralytic, *Take heart, my son; your sins are forgiven*” (ESV).

“Behold, they brought to him a man sick of the palsy, lying on a bed: and Jesus seeing their faith said unto the sick of the palsy; ‘Son, be of *good cheer*; thy sins be forgiven thee’” (KJV).

“Some people arrived bringing him a paralytic lying flat on his bed. When Jesus saw the faith of

those who brought him he said to the paralytic, ‘*Cheer up*, my son! Your sins are forgiven’” (PHILLIPS).

Mark 6:50:

“When Jesus came walking on the water toward the disciples’ boat, ‘they all saw him and were terrified. But immediately he spoke to them and said, “*Take heart*; it is I. Do not be afraid”’ (ESV).
“For they all saw him, and were troubled. And immediately he talked with them, and saith unto them, ‘Be of *good cheer*: it is I; be not afraid”’ (KJV).

“‘*Cheer up*, my daughter,’ [Jesus] said, ‘your faith has made you well!’” (Matthew 9:22, PHILLIPS).

“The following night the Lord stood by him and said, ‘*Be of good cheer*, Paul; for as you have testified for Me in Jerusalem, so you must also bear witness at Rome”’ (Acts 23:11, NKJV).

2 Corinthians 5:6:

“That’s why we live with such *good cheer*. You won’t see us drooping our heads or dragging our feet!” (MSG).
“So always *be cheerful!* As long as we are in these bodies, we are away from the Lord” (CEV).

Luke 1:58:

“Her neighbors and relatives heard that the Lord had shown great mercy to her, and they *rejoiced with her*” (ESV).
“As long as we are in these bodies, we are away from the Lord. They were *happy for her*” (NLV).

“The man who finds his beloved animal calls to his friends and neighbors and says, ‘Be *happy with me* because I found my lost sheep”’ (Luke 15:6, NCV).

“‘*Be happy with me* because I have found the coin that I lost.’ In the same way, there is *joy* in the presence of the angels of God when one sinner changes his heart and life” (Luke 15:9-10, NCV).

1 Corinthians 12:26:

“If one member suffers, all suffer together; if one member is honored, all *rejoice together*” (ESV).
“If one part suffers, all the parts suffer with it; and if one part is honored, all the parts *share its happiness*” (CJB).

“The great throng heard him *gladly*” (Mark 12:37, ESV).

2 Corinthians 12:9, 15:

“I will boast all the more *gladly* of my weaknesses, so that the power of Christ may rest upon me. . . . I will most *gladly* spend and be spent for your souls” (ESV).
“I am very *happy* to brag about my weaknesses. Then Christ’s power can live in me . . . So I am *happy* to give everything I have for you, even myself. If I love you more, will you love me less?” (NCV).

Luke 1:44:

“Behold, when the sound of your greeting came to my ears, the baby in my womb *leaped for joy*” (ESV).
“As soon as I heard your greeting, my baby became happy and *moved* within me” (CEV).

Luke 6:23:

“Rejoice in that day, and *leap for joy*, for behold, your reward is great in heaven; for so their fathers did to the prophets” (ESV).

“Be glad when that happens and *dance for joy*, because a great reward is kept for you in heaven. For their ancestors did the very same things to the prophets” (GNT).

“Long ago your own people did these same things to the prophets. So when this happens to you, be happy and *jump for joy!* You will have a great reward in heaven” (CEV).

James 5:13:

“Is anyone among you suffering? Then he must pray. Is anyone *cheerful*? He is to sing praises” (NASB).

“Is any *merry*? Let him sing psalms” (KJV).

“Is anyone *happy*? Let them sing songs of praise” (NIV).

2 Corinthians 9:7:

“Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a *cheerful* giver” (ESV).

“God loves the person who gives *happily*” (NCV).

Romans 12:6, 8:

“Having gifts that differ according to the grace given to us, let us use them . . . the one who does acts of mercy, with *cheerfulness*” (ESV).

“If someone has the gift of showing kindness to others, he should be *happy* as he does it” (NLV).

Romans 7:22:

“I *delight* in the law of God, in my inner being” (ESV).

“In my mind, I am *happy* with God’s law” (NCV).

Acts 21:17:

“When we had come to Jerusalem, the brothers received us *gladly*” (ESV).

“When we arrived in Jerusalem, the brothers and sisters welcomed us *warmly*” (CEB).

Philippians 2:19:

“I hope in the Lord Jesus to send Timothy to you soon, so that I too may be *cheered* by news of you” (ESV).

“I hope in the Lord Jesus to send Timothy to you soon. I will be *happy* to learn how you are” (NCV).

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